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50 cents tax included

The Ukiah

Mendocino County's  
local newspaper

**DAILY JOURNAL**



Tomorrow: Sunny,  
breezy, upper 90s

**TUESDAY**  
Aug. 21, 2007

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**Anton  
project  
moves  
forward**

**By ZACK SAMPSEL  
The Daily Journal**  
The Ukiah Planning Commission is looking to hit one out of the park at Wednesday night's meeting. At the meeting, scheduled to begin at 6 p.m. in the Ukiah Civic Center at 300 Seminary Ave., the Ukiah Department of Community Services will be presenting its plans to the commission for the demolition and reconstruction of the Anton Stadium grandstands. The new 4,000-square-foot structure will remain in the same area as the current grandstand and will also feature similar architecture. As well, the structure will include bleacher seating, bathrooms, two multi-purpose rooms and storage space. The plan also includes changes to the field, drainage system, dugouts and batting cages. The facility will also full comply with the American Disabilities Act with dedicated parking spaces near the stadium. The grandstands will also feature a front-row wheelchair seating area.

The proposed design of the grandstands is expected to replicate the original grandstand, built in a huge community effort in 1952, with additional design elements. The grandstand roof, previously described as 'unusual' in 1952, is an element of the old grandstand that will be retained in the project. The stadium's entrance, which had been moved from its original location, is expected to return to the north side of the grounds. Spectators are expected to enter the grounds through a main entrance in the center of the building, which will feature an archway and a new Anton Stadium sign.

Anton Stadium was a project lead by Al Anton in 1952 with support from the community and service clubs. Since being built, the stadium has helped to shelter and play host to outdoor youth sports, including the Ukiah High School baseball team. In 2005, the City of Ukiah was awarded \$500,000 in a competitive grant from the State of California Department of Parks and Recreation for renovation of the stadium. Then, in April 2007, the Ukiah City Council authorized demolition of the grandstand. The final demolition plan will be presented to the council in August or September.

Construction is expected to begin in October.  
*Zack Sampsel can be reached at udjzs@pacific.net.*

**GUIDE DOGS GET START**



Audio slideshow at  
ukiahdailyjournal.com

**College greets new year**

**By ZACK SAMPSEL  
The Daily Journal**  
As a student tapped on English Professor Jaime Cechin's shoulder, he turned, smiled and said, "Well it's going to be another good semester." Cechin's reaction and body language appropriately summed up the first day of classes at Mendocino College: exciting. With students buzzing from building to building and an admissions office filled with more prospective students still signing up, the fall semester at Mendocino College was in full swing Monday. "Everybody's really excited," said Virginia Guleff, dean of instruction. "Just watching the students get their books and go from class to class is great. It's a warm, happy feeling, and we're happy to see that." Guleff spent much of her free time away from class Monday to work at one of the many information stations peppered across the campus. The general information stations helped to serve students having trouble finding classes and buildings, while also providing information about location of the bike racks and sign-up schedules. "We're here to help send people in the right direction," Guleff said. "And we have free pens, staplers and calculators; the students always enjoy that." Whether students were visiting the stations for the free goodies or help, plenty of faculty and staff were present to keep things going smoothly. "We're pretty happy with the turn-out in these past couple of days," Cechin said. "We're just trying to figure out all



**Students walk past the admissions offices Monday afternoon. Classes officially began at Mendocino College Monday with Welcome Week activities through Friday.**

See COLLEGE, Page 14



**A Brooktrails Fire Department Pumper Fire Truck lays on its side where it overturned on Saturday afternoon on Sherwood Road.**

**Firefighters back**

**By BEN BROWN  
The Daily Journal**  
Four of the five Brooktrails Fire Department firefighters involved in Saturday's accident on Sherwood Road were back at work Monday, having suffered only minor injuries, said Brooktrails Fire Chief Daryl Schoeppner. "He's taking a day off," Schoeppner said of Firefighter Adam Stewart, 27, of Willits, who had pain in his ribs and one leg following the accident. Also on the Pumper Fire Truck were Firefighters Neil Banham, 53, Josh Moralez, 18 and Jake Jones, 19, and Battalion Chief Robert Nowlin, 40, all from Willits. Nowlin suffered a broken pinkie finger and Jones sustained minor bumps and bruises. Both of them, along with Stewart, were transported to the Howard Memorial Hospital for treatment. All three were released shortly after arriving. "Everybody was treated and released," Schoeppner said.

According to reports from the California Highway Patrol, the five firefighters were on their way to a vegetation fire at 2:55 p.m. Saturday. The crew was westbound on Sherwood Road west of Highway 101 when the fire truck went around a bend and ended up with one set of the engines rear double-tires off the road. The driver, Nowlin, attempted to regain control of the engine but was unable to. The engine slid out of control and overturned onto its right-side in the roadway, according to CHP reports. Members of the fire crew supporting the engine helped the firefighters out of the overturned engine without further incident. The accident remains under investigation by the CHP. The fire engine was driving to was a three-acre vegetation fire in the Sherwood area that started around 2:30 p.m. Saturday. The Brooktrails Fire Department, the Ukiah Valley Fire District and CalFire all responded to this incident.



**Members of the community line up at the Little Caesars 'Love Kitchen' at Plowshares Monday. Little Caesars served pizza to more than 200 people.**

**Little Caesars serves pizza to needy**

**The Daily Journal**  
The Little Caesars Love Kitchen visited Plowshares in Ukiah Monday to provide fresh Little Caesars pizza meals for more than 200 people in need. A pizza kitchen on wheels, the Little Caesars Love Kitchen travels across the continental United States and Canada meeting the needs of the hungry, the homeless and disaster survivors. "The Love Kitchen was created to provide quality meals for people who need them," said Little Caesars local franchisee Jim Berg, "As a member of the area business community, it's important to me to support people when they need it and help make the community stronger, I'm excited to support this program with food and staff to provide a quality meal for people who otherwise may not get one." Established by Little Caesars in 1985, the Little Caesars Love Kitchen has since fed nearly two million people in 48 states and three Canadian provinces. It has also

responded to disasters such as the hurricanes in the Gulf Coast Area in 2005, the site of the World Trade Center attacks on September 11, 2001, and the 1995 Federal Building bombing in Oklahoma City. "We know that it's important to reach out to the communities where we do business, and help make a difference," said David Scrivano, president, Little Caesar Enterprises, Inc. "As a family company, we are proud to work together with our local franchisees and company-owned stores to coordinate the vehicle, staff and food and to be there for people in Ukiah who need assistance." Local Little Caesars franchise owners and company regional offices donate all food and labor costs for the Love Kitchen servings. An estimated 40,000 Little Caesars franchise owners and employees have volunteered their time over the years to support the program in their local communities.



The world briefly

Mexico abandons Gulf oil rigs ahead of Hurricane Dean

TULUM, Mexico (AP) — Tens of thousands of tourists fled the beaches of the Mayan Riviera on Monday as monstrous Hurricane Dean roared toward the ancient ruins and modern oil installations of the Yucatan Peninsula.

Mexico's state oil company, Petroleos de Mexico, said it was evacuating all of its more than 14,000 offshore workers in the southern Gulf of Mexico, which includes the giant Cantarell oil field.

Cancun seemed likely to be spared a direct hit, but visitors abandoned its swank hotels to swarm outbound flights. Officials evacuated more rustic lodgings farther south, where Dean — which has killed at least 12 people across the Caribbean — was expected to smash ashore early Tuesday.

Dean already had winds of 150 mph as it brushed past the Cayman Islands on Monday, but the U.S. National Hurricane Center said the storm could grow even stronger — into a giant Category 5 hurricane — before striking Mexico. At 5 p.m. EDT, Dean was centered 230 miles east-southeast of Mexico's stunning seaside ruins of Tulum.

Military officials seem focused on reducing U.S. combat role next year

WASHINGTON (AP) — U.S. military officials are narrowing the range of Iraq strategy options and appear to be focusing on reducing the U.S. combat role in 2008 while increasing training of Iraqi forces, a senior military official told The Associated Press on Monday.

The military has not yet developed a plan for a substantial withdrawal of forces next year. But officials are laying the groundwork for possible overtures to Turkey and Jordan on using their territory to move some troops and equipment out of Iraq, the official said. The main exit would remain Kuwait, but additional routes would make it easier and more secure for U.S. troops leaving western and northern Iraq.

The official, who spoke on condition of anonymity because internal deliberations are ongoing, emphasized that the discussions do not prejudice decisions yet to be made by President Bush. Those decisions include how long to maintain the current U.S. troop buildup and when to make the transition to a larger Iraqi combat role.

It is widely anticipated that the five extra Army brigades that were sent to the Baghdad area this year will be withdrawn by late next summer. But it is far less clear whether the Bush administration will follow that immediately with additional drawdowns, as many Democrats in Congress are advocating.

Hotel magnate Leona Helmsley, reviled as 'queen of mean,' dies at 87

NEW YORK (AP) — Leona Helmsley, the cutthroat hotel magnate whose title as the "queen of mean" was sealed during a tax evasion case in which she was quoted as snarling "only little people pay taxes," died Monday at age 87. Helmsley died of heart failure at her summer home in Greenwich, Conn., said her publicist, Howard Rubenstein.

Already experienced in real estate before her marriage, Helmsley helped her husband run a \$5 billion empire that included managing the Empire State Building. She became a household name in 1989 when she was tried for tax evasion. The sensational trial included testimony from disgruntled employees who said she terrorized both the menial and the executive help at her homes and hotels.

That image of Helmsley as the "queen of mean" was sealed when a former housekeeper testified that she heard Helmsley say: "We don't pay taxes. Only the little people pay taxes." Helmsley denied having said it, but the words followed her for the rest of her life.

Roadside bomb kills governor in Iraq

BAGHDAD (AP) — A roadside bomb killed a governor in southern Iraq on Monday,

the second provincial boss assassinated in nine days and a likely prelude to an even more brutal contest among rival Shiite militias battling for control of some of Iraq's main oil regions.

Iraqi police blamed the attack on the powerful Mahdi Army, whose fighters are nominally loyal to radical Shiite cleric Muqtada al-Sadr but have recently splintered as breakaway factions set their own course.

The showdowns in southern Iraq — pitting Mahdi groups against the mainstream Shiite group in parliament — could intensify as the British forces overseeing the south gradually withdraw in the coming months.

Meanwhile, a range of initiatives, both political and diplomatic, reached a near dizzying pace as the Sept. 15 deadline approached for the Bush administration to report to Congress on its Iraq policies.

Official: Miners may not be found; families accuse owners

HUNTINGTON, Utah (AP) — A mine company attorney said Monday that safety experts believe drilling a bigger hole and sending a rescue capsule into the coal mine where six men have been trapped for two weeks is impossible because the mountain is too unstable.

"It's an unsafe activity," Murray Energy Corp. lawyer Chris Van Bever said, commenting a day after relatives of the six miners pleaded for rescue efforts to continue.

An outside safety expert and a miners' union official also spoke out Monday against reopening the mine to production.

Van Bever said there had been no decision yet to call off the rescue effort. Decisions about drilling a rescue hole and continuing with other rescue activities were being made jointly by federal and company officials in consultation with mining experts, he said.

The capsule had been considered a last option since three rescue workers were killed and six others injured Thursday as they tried to tunnel through rubble-filled mine passageways.

AP Interview: Obama says video of girl with a crush on him upset his daughters

SALEM, N.H. (AP) — Obama girl has upset Obama's girls. The Web video of a scantily clad actress pledging her affection for Democratic presidential candidate Barack Obama has been a hit online, but not in his own home. Obama says his 6-year-old daughter Sasha has noticed news coverage of the video.

"Sasha asked Mommy about it," Obama said Monday in an interview with The Associated Press. "She said, 'Daddy already has a wife' or something like that."

"I Got A Crush On Obama" stars an aspiring model and actress named Amber Lee Ettinger, aka Obama Girl. Her song, which has lines like "Universal health care reform, it makes me warm," has gotten more than 3 million hits and nearly 10,000 comments since being posted two months ago on YouTube, the online video-sharing site.

Analysis finds that sales of painkillers have doubled

WASHINGTON (AP) — Retail sales of five leading painkillers nearly doubled over the last eight years, reflecting a surge in use by patients nationwide who are living in a world of pain, according to a new Associated Press analysis of federal drug prescription data.

The analysis reveals that oxycodone usage is migrating out of Appalachia to areas such as Columbus, Ohio, and Fort Lauderdale, Fla., and significant numbers of codeine users are living in many suburban neighborhoods around the country.

The amount of five major painkillers sold at retail establishments rose 90 percent between 1997 and 2005, according to Drug Enforcement Administration figures.

More than 200,000 pounds of codeine, morphine, oxycodone, hydrocodone and meperidine were purchased at retail stores during 2005, the most recent year represented in the data. That is enough to give more than 300 milligrams of painkillers to every person in the country.

Santa Rosa man injured in crash on Highway 20

The Daily Journal

A Santa Rosa man suffered injuries to his ribs and arm Sunday when the SUV he was driving overturned on State Route 20 west of the Lake County/Mendocino County line.

According to reports from the California Highway Patrol, Rick Latimer, 45, of Santa Rosa, was westbound on Highway 20 in a 2000 GMC SUV towing a travel trailer at 6:22 p.m. Sunday.

Latimer had been camping in the Blue Lakes area with his family and was returning home, according to CHP reports.

POLICE REPORTS

The following were compiled from reports prepared by the Ukiah Police Department. To anonymously report crime information, call 463-6205.

**ARREST** -- Anthony Buell, 51, hometown not listed, was arrested on suspicion of driving under the influence in the 700 block of South State Street at 1:45 a.m. Sunday.

**ARREST** -- Rogelio Ruiz Cazares, 31, of Finley, was arrested on suspicion of driving under the influence in the 500 block of East Perkins Street at 11:03 a.m. Sunday.

SHERIFF'S REPORTS

The following were compiled from reports prepared by the Mendocino County Sheriff's Office:

**BOOKED** -- Joseph Thomas Strahan, 52, of Fort Bragg, was booked into jail on suspicion of attempted burglary at 3:52 a.m. Friday.

**BOOKED** -- Marc Jon Vantassell, 43, of Fort Bragg, was booked into jail on suspicion of battery and preventing a witness from testifying at 3:06 p.m. Friday.

**BOOKED** -- Matthew Blake Thomas, 26, of Gualala, was booked into jail on suspicion of driving under the influence and evading a police officer at 8:28 a.m. Saturday.

**BOOKED** -- Vikram Ram Pathak, 34, of Hollywood, was booked into jail on suspicion of driving under the influence at 10:55 a.m. Saturday.

**BOOKED** -- Noble Kalei Capps, 53, of Willits, was booked into jail on suspicion of driving under the influence, hit and run with property damage and a probation violation

One mile west of the county line, Latimer lost control of his vehicle, crossed into the opposing lane, and overturned.

Witnesses reported seeing Latimer's vehicle "fish-tailing" in the moments before the accident, according to CHP reports.

Latimer was not wearing a seat belt, according to CHP reports, and he was ejected from the SUV as it overturned.

Latimer suffered major injuries and was transported to Santa Rosa Memorial Hospital by CalStar Air

Ambulance for treatment for fractured ribs and a fractured left arm. Latimer underwent corrective surgery for his injuries, according to CHP reports.

The Potter Valley Fire Department responded to this accident along with CHP and CalStar. CalTrans, Granite Construction and WIPF Construction worked together to tow the remains of the vehicle out of the roadway.

Traffic was reduced to one-lane Sunday night while the roadway was cleared.

The collision remains under investigation by CHP.

enforcement agencies are reported by the newspaper. The Daily Journal makes no exceptions.

CITY OF UKIAH ROAD WORK

CONSTRUCTION

Portions of Perkins Street will be closed between Orchard Avenue and the intersection with Highway 101 next week.

The lane closure will begin 9 p.m. Monday and last until 11 a.m. Friday. Left turns at the intersection of Perkins Street and Orchard Avenue will be prohibited to southbound and westbound traffic during this time.

CORRECTIONS

The Ukiah Daily Journal reserves this space to correct errors or make clarifications to news articles. Significant errors in obituary notices or birth announcements will result in reprinting the entire article. Errors may be reported to the editor, 468-3526.

LOTTERY NUMBERS

**DAILY 3:** Afternoon: 4, 6, 5. Evening: 7, 6, 3.

**FANTASY 5:** 5, 8, 14, 16, 17.

**DAILY DERBY:** 1st: 12 Lucky Charms; 2nd: 07 Eureka; 3rd: 01 Gold Rush. Race time: 1.48.48

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FD-24

A Memorial Gathering for

Patty Gregson

Sunday, August 26, 2007 at 11:00 a.m.

Grace Hudson Museum Public Room

513 S. Main St. • Ukiah

Inside UDJ



The Blog is at

www.ukiahdailyjournal.com

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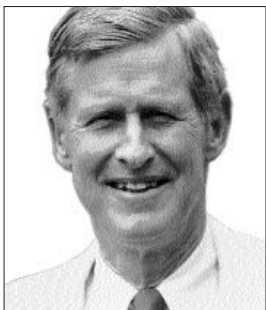
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ASK  
DR. GOTT  
By Peter H. Gott, MD

Cold-water ‘cure’ for tantrums excessive

**DEAR DR. GOTT:** In regard to your article about children throwing tantrums, fits, etc., a local (and older) doctor here advised parents some 60 years ago on how to stop these actions. Believe me and hundreds of other parents, it works -- not only on children, but on animals, too.

You tell the kids to shut up or stop their carrying on, and if they don't, don't argue with them. Just get 1/4 cup of cold water and throw it in their faces. An instant miracle happens. After a time or two, all you will need to do is put a pitcher of water on the table and let them see it.

Like the old doc says, "A little clean water on the carpet won't hurt it a bit."

**DEAR READER:** Although it is physically harmless, the act of throwing cold water in a child's face and telling him to "shut up" seems to me to border on child abuse.

I was not a liberal parent in raising my own children, and I had success in simply sending them to their rooms when their behavior was unacceptable. The water-throwing tip is a bit bizarre.

**DEAR DR. GOTT:** I am writing to obtain any information you may have regarding blood pressure taken on the leg. Is it as reliable as the arm readings? I have had a mastectomy on both sides, with lymph glands removed from each of my arms. I also developed lymph edema in the right arm. I wear a medical alert bracelet to prevent anyone from giving me an IV or putting a blood pressure cuff on either arm. I would appreciate any information you have on this issue.

**DEAR READER:** Because the body's circulation is a hydraulic system, the blood pressure is the same in the legs as it is in the arms. Any differences are the result of technical considerations, primarily that the legs are bigger and more muscular than are the arms. Consequently, the standard blood pressure device is not suitable for measuring leg pressures, which requires larger and wider cuffs. These cuffs are not standard equipment in most medical offices. I recommend that you purchase a leg manometer for your doctor to use when you go for your appointments.

**DEAR DR. GOTT:** After a recent colonoscopy, during which a small growth was removed and biopsied, the result was explained to me as a tubular adenoma. The doctor advised me to have another colonoscopy in two years and not to be concerned. I'm perplexed and turn to you for an explanation and clarification.

**DEAR READER:** Benign adenomas, nests of cells that arise from the colon lining, grow slowly, cause no symptoms and may have to be removed periodically because they can undergo premalignant changes in some people over lengthy periods. The approach to adenomas is initial removal, with a repeat colon study in two to five years.

I believe your doctor is on the right track. Follow his or her recommendations.

Gov. to emphasize coverage in health care bill

By MIKE ZAPLER  
San Jose Mercury News  
SACRAMENTO - As his campaign for universal health care reaches a make-or-break phase this summer, aides to Gov. Arnold Schwarzenegger say he will begin to emphasize a fear felt by millions of Californians: That they'll lose their health insurance and not be able to replace it on their own.

The focus on that anxiety would mark a strategic shift for the Republican governor. Since unveiling his plan in January, Schwarzenegger has focused mainly on the financial strains that rising health care costs are putting on businesses - not on consumer fears fueled by tales of insurance companies refusing coverage or charging sky-high rates to people with relatively minor conditions, such as acne or a history of childhood ear infections.

The governor will continue to address cost concerns among employers, aides say. But he intends to broaden his pitch by discussing people's worries about losing health insurance if, for example, they're laid off at work or retire before Medicare benefits kick in at age 65. Schwarzenegger says people should not have to base important life decisions - such as staying in a job rather than starting a business - on whether or not they can obtain health insurance.

The governor's health care plan would bar insurers from denying coverage to people with



Photo by Mike Lucia/Tri-Valley Herald

**Gov. Schwarzenegger tours the Safeway gym and medial consultation facility in Pleasanton with Safeway CEO Steve Burd Thursday, July 12. The governor spent part of the day meeting with business leaders while trying to push for his healthcare reforms.**

pre-existing conditions who apply for coverage on their own, a practice that currently is both legal and common.

"People with insurance are in constant fear of losing it," Schwarzenegger plans to tell a gathering of health insurers in Las Vegas Friday, according to a draft copy of the speech provided to the Mercury News. "Or they

can't find it in the first place because of a prior medical condition."

He also addressed the issue on Thursday at a news conference in Sacramento.

The governor's idea to force insurers to offer coverage to anyone who applies - known in health care lingo as "guaranteed issue" - has divided the insurance

industry. The state's largest insurer, Blue Cross of California, recently launched an advertising campaign criticizing the proposal, claiming other states that have enacted it have seen health premiums spike and insurers flee the market.

The problem, the company

See BILL, Page 5

HEALTH BRIEFS

Weight Loss Surgery and Information Group meeting first Friday every month

A Weight Loss Surgery Support and Information Group is meeting, free and open to the public.

It is a support group for Gastric Reduction Duodenal Switch and other weight loss surgeries, sponsored by Central Valley Bariatrics.

The group meets on the first Friday of the month, at 6 p.m., in Bartlett Hall, Ukiah Senior Center, 495 Leslie St., Ukiah. For more information, E-mail kathyln@pacific.net.

Better Breathers Club to meet in Ukiah Wednesday

The American Lung Association invites persons who have been diagnosed with

emphysema, chronic bronchitis, have breathing difficulties, are looking for more information on chronic lung disease, or are looking for support on how to live better with lung disease to join their Better Breathers Club program, on Wednesdays, in conference room 161 at the Public Health Department, 1120 S. Dora St., 1:30 to 3 p.m.

Robert Meritt, PT, a physical therapist at Ukiah Valley Medical Center, will demonstrate exercises to improve fitness for respiratory impaired patients.

A Healing Cooperative offering support/counseling three times a week

A Healing Cooperative, a local non-profit, is offering the following mental health-focused services: a support center, open Monday to Friday, 11 a.m. to 3 p.m.; art classes, Mondays, Thursdays, and Fridays, 1 to 3 p.m.; Writing for Self Discovery, Tuesdays, at 11 a.m.; Men's and Women's support groups, Tuesdays at noon; Movin' On, a dual diagno-

sis support group, Wednesdays at 2 p.m.

These activities take place at 270 N. Pine St., at the Ukiah United Methodist Church. For more information, contact them at 462-3360, or visit their web site www.ukiahumc.org/ahc.

Glaucoma screenings at Veteran's Memorial Building set for Aug. 25

Lions International is sponsoring a free glaucoma screening, to be held at the Ukiah Veteran's Memorial Building on Seminary Ave., from 10 a.m. to 2 p.m. on Aug. 25.

Roger Martin is coming out from Connecticut with special equipment, but there will be local professionals to do the screening.

Everyone in the community is invited to go and have the screening done to see if they need to follow up with a visit with their own eye physician.

For more information, call Marge Pardini at 463-2238.

HEALTH CALENDAR

**ALANON:** Family and friends of alcoholics; 5:30 p.m. on Mondays, noon on Tuesdays, noon on Fridays and 10:30 on Saturdays; Calvary Baptist Church, 465 Luce Ave.; 463-1867 or 621-2721.

**Alateen:** Meets Thursdays 8 to 9 p.m.; Calvary Baptist Church, 465 Luce Ave., enter at east side back door; 463-1867 or 621-2721.

**Alcoholics Anonymous:** Daily; call 462-7123, www.aaukiah.org.

**Breastfeeding Support Group:** meets second Wednesday from 10:30 a.m. to noon and fourth Wednesday from 10:30 a.m. to noon; Mendocino County Public Health - WIC office, 1120 S. Dora; Tess O'Connell, 472-2739.

**Celebrate Recovery:** Christ-centered 12-step recovery; Fridays at Trinity Baptist Church Hall, South Dora Street and Luce Ave, 6 p.m. fellowship dinner; 7 p.m. teaching/testimony; 8 p.m. men and women's small group sharing; 9 p.m. dessert/solid rock cafe. Babysitting provided. For more information call 462-6535.

**Childbirth classes:** Learn about nutrition during pregnancy, preparing for childbirth, breastfeeding and infant safety. Thursdays, 6 to 8 p.m., 333 Laws Ave., in Ukiah, 472-4603.

**Community Healing Clinic:** 20- to 30-minute sessions on a walk-in basis with a variety of health practitioners; Second Tuesday of each month, 5:30 to 7:30 p.m.; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; 463-0777; www.full-circlewellness.org.

**Council on Domestic Violence:** First Wednesday, 1:30 to 3 p.m., Public Health Department, 1120 S. Dora St., Conference Room 198, in Ukiah except for May and October, which will be held at 10-Mile Court, 700 S. Franklin St. in Fort Bragg, 472-2699.

**La Leche League:** Breastfeeding group; meets second Tuesday, various times; Nursery Room at Presbyterian Church, corner of S. Dora and W. Perkins; Margaret Turano, 468-9587.

**Look Good Fell Better:** Classes are from 10 a.m. to noon on the second Monday of

each month. This program pairs women with licensed cosmetologists to eliminate the appearance related side effects of cancer treatment. This is a free class offered by the American Cancer Society at 115 E. Smith St. in Ukiah. For more information, call 462-7642 ext. 3.

**Low Vision Support Group:** 10 to 11:30 a.m.; Fourth Monday; at Henny Penny Resteraunt, 687 S. Orchard Ave., Ukiah; open to local seniors; call 523-3222

**NAMI:** (National Alliance for the Mentally Ill Family Support Group) first and third Wednesdays, 6:30 p.m.; call 972-9040, 485-8033, or 467-9116 for location and information. Nami is an organization dedicated to improving the lives of people with brain disorders by providing mutual support, education and advocacy.

**Multiple Sclerosis Self-help Group:** People with multiple sclerosis can take one more step toward ending effects of MS at the Ukiah group; sponsored by the National MS Society; 7 p.m.; second Tuesday.

**Men's Cancer Support Group:** Group on summer hiatus, call for one-on-one with staff. A supportive place to share your cancer experience; second and fourth Wednesdays of each month; 6 to 7:30 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

**Narcotics Anonymous:** Meetings throughout county; 485-9110.

**New Life Workshop:** Do you need help managing your weight? Noon to 1 p.m. Thursdays; Salvation Army, 714 A S. State St., Ukiah; 468-9577.

**Overeaters Anonymous:** Mondays at 5:30 p.m.; Saturdays at 11 a.m.; 741 S. Oak St.; 472-4747.

**Sweet Success:** The California Diabetes and Pregnancy Program; support for special pregnancies in which women have diabetes; planning pregnancy or are pregnant, need extra support; 463-7527.

**Tantalizing Tuesdays:** Series of health related evening discussions; First and third Tuesdays; Full Circle Wellness Resource Center, 530 S. Main St. in Ukiah; from 6:30 to 8:30 p.m.; 463-0777; www.fullcirclewellness.org.

**T.O.P.S.:** (Take off pounds sensibly): Meets from 9:15 to 10:30 a.m., every Tuesday, at Calvary Baptist Church, 465 Luce Ave; Carolyn Madole, 463-0261.

**T.O.P.S.:** Low-cost, non-profit group meets every Tuesday at Autumn Leaves, 425 E. Gobbi St., in the community room. Weigh-in is from 5:30 to 6:15 p.m. Meeting is from 6:15 p.m. to 7:15 p.m.; Linda MacDonald, 467-2391.

**T.O.P.S.:** Every Thursday at Washington Mutual Building community room, 700 S. State St.; meeting is from 8:30 to 10:30 a.m.; it is a low-cost, weight-reduction support group; call 462-4901 or 485-7801.

**T.O.P.S.:** Every Friday at the Meadows Mobile Court clubhouse, 8686 East Road, Redwood Valley; weigh-in is from 9:30 to 11 a.m.; meeting is from 9:30 to 10:30 a.m.; call 485-8260 or 485-1238.

**Ukiah Community Center Crisis Line:** Need help? Call 463-help (4357) or 1 (800) 575-help (4357).

**Ukiah Diabetes Education:** The Diabetes Education Group; 7 p.m.; second Monday; 463-7698.

**Ukiah Valley Blood Center/Blood Centers of the Pacific:** Mondays, 9 a.m. to 4:30 p.m.; Tuesdays, 10 a.m. to 5 p.m.; Thursdays, 11 a.m. to 6 p.m.; 620 Kings Ct., Suite 110; make appointment, donate, schedule blood drive at workplace; 1 (888) 393-GIVE.

**Weight-loss Surgery Support Group:** Free, open to the public, Gastric Reduction Duodenal Switch (GRDS) support and information group; Central Valley Bariatrics; 1st Friday; 6 p.m.; Bartlett Hall, Ukiah Senior Center complex, 499 Leslie Street, Ukiah; e-mail, letstalk@iwon.com.

**Weight Watchers:** Redwood Valley Weight Watchers meet at the Redwood Valley Cafe and are hosted by Redwood Valley Fitness on 9620 N. State St. Their leader is Laurel of Ukiah Weight Watchers. For more information, call 485-5696.

**Women's Cancer Support Group:** A supportive place to share your cancer experience; first and third Tuesday of each month; noon to 1 p.m.; at their new offices at 590 S. Dora St.; Mendocino Cancer Resource Center; 467-3828.

If you — or the organization that you represent — change a phone number, an address, or any information in this calendar, please call at the Ukiah Daily Journal at 468-3520, or e-mail us at udjfeatures@pacific.net.

Reclaiming her life

In line at the coffee house, she stood leaning on her left leg to prop up the baby on her hip. He sucked noisily on a yellow pacifier, watching over mom's shoulder as people queued behind her, huge blue eyes with an intense open stare greeting each new patron. The canopied stroller was therefore empty of its occupant. An SUV of child carrying conveyances, it was constructed to withstand the impact of an army of toddlers. Currently however, it served as transport, loaded with an assortment of quilted belongings, stuffed toys, a cell phone, bottles of baby food, and several zip lock bags distended with a plethora of toasted oats, wafers, and carrots.

On the opposite side of her infant son was her three-year-old daughter; clinging fiercely to mommy's leg for protection, burying her young face in her mom's thigh whenever anyone made eye contact. From her small hand, dragging across the tile floor was a white, weary, worn blanket, emblazoned with a smiling penguin.

Mom was only 32. Yet with her long dark hair hastily hoisted above her head in an elastic band, a gray oversized sweatshirt with "UCLA" (and numerous drool stains) across the front, and faded, fraying black sweatpants, some days she felt as well worn as her attire.

She retained an attractive shape (albeit heavier from bearing two children), but could still "pretty up" quite nicely provided she had the time - or desire. She adored



Striving for Imperfection  
By Scott Marcus

her husband; he was a kind, supportive, gentle man, who appreciated her for whom she was. Their financial situation required him to work long hours on the road, leaving her to attend to the house and the children. When he was in town, and the kids were finally in bed, and the maintenance of home chores at long last completed, romance ranked low compared to sleep. So neither of them spent as much time concerned about appearance as they had in earlier years.

Staying at home with her kids was vital, and she enjoyed it. It also provided her life with a value that working at the insurance company never could. Yet, everything bears a price. When you take care of everyone else, who takes care of you? The lack of self-attention was taking its toll and she felt it heavily.

She used to jog each morning; now she changed diapers,

See STRIVING, Page 5



## Letters from our readers

## Another voice

By Mary Anne Miller and Steve Scalmanini

## Can the UVAP be made smart?

Do you believe in preserving agricultural lands and open space in our Valley? Are you opposed to new big-box retail stores outside our current urban boundaries when there is plenty of space within our existing shopping centers and retail/commercial-zoned areas to accommodate all of the new retail we will need for 20 years or more? The direction of future development of the Ukiah Valley will be decided this Tuesday by the Board of Supervisors and your input could make a difference in preserving the small-town, friendly atmosphere for which so many of us live here.

Last Tuesday evening approximately 150 people attended the 'Open House' for the public at the Conference Center to review and comment on the current alternatives for the Ukiah Valley Area Plan (UVAP) that will guide development in the Valley from Calpella to Burke Hill for the next 20 years. Huge panels lined the walls, displaying the Goals and Principles of the Plan plus various scenarios for nine developable areas of the Valley. The consultants, MIG, of Berkeley, offered development alternatives in three sizes: sprawl-lite, sprawl, and more-sprawl, formally called Alternatives A, B, and C.

We were there, too, as part of the public and to present an alternative without sprawl, but our display was relegated to the hallway outside the conference room. Mounted on our easel was a map of what we call the No-Sprawl Alternative. It applies Smart Growth principles to development ideas for the Valley. This proposal is a balanced alternative that does not throw out the baby with the bath water.

At the Open House, more than half of the attendees came to our display and asked for a copy of our No-Sprawl Alternative hand-out. Many of them, when they filled out the comment forms that MIG provided, attached a copy of the No-Sprawl Alternative and said that this is their vision of the Valley's future.

The Ukiah Valley Smart Growth Coalition is working to avoid the suburban sprawl that is creeping northward from Sonoma County, and to enhance the small-town character of our community. We think the Ukiah Valley should continue to have a compact city center with shopping and services located within walking distance, and should integrate 'healthy lifestyle' features into our community design. Studies show that communities designed in this way keep their citizens healthier for longer and even combat the growing obesity epidemic.

The Smart Growth Coalition supports new housing, both in the City and in the County, with all levels of affordability, clustered in mini-neighborhoods with convenience retail within walking distance. Much of this mixed-use housing should be located in infill areas in both the City and the County, without sprawling into adjacent agricultural areas.

The housing subdivisions proposed for the Masonite (east) site and for Lovers Lane are classic examples of unnecessary sprawl. There is ample space within the current residential-zoned County land and within the City of Ukiah for enough homes to accommodate growth for over 20 years at the rate we have been growing in recent decades. Why sprawl onto prime agricultural soil when there is adequate space for development inside our existing urban boundaries?

We are not opposed to large new retail outlets, but we can prove by using the County's own economic study that there is plenty of space within our existing shopping centers and retail/commercial zoned areas to accommodate them. The Costco that was about to be built at the south end of the existing Airport development would be under construction right now if they hadn't bolted from the escrow for mysterious reasons last year at the same time that DDR was maneuvering to convince the public of how great their mega-mall would be at the Masonite site. We are not amused.

The proposal for a new big-box regional mall at the Masonite (west) site is a bad idea for several prominent reasons. If approved, this huge retail center would strangle existing retail stores in the Valley, mostly down-

## LETTER POLICY

The Daily Journal welcomes letters to the editor. All letters must include a clear name, signature, return address and phone number. We publish most of the letters we receive, but we cannot guarantee publication. Names will not be withheld for any reason. All letters are subject to editing without notice. You may drop letters off at our office at 590 S. School St., or fax letters to 468-3544, mail to Letters to the Editor, P.O. Box 749, Ukiah, 95482 or e-mail them to [udj@pacific.net](mailto:udj@pacific.net).

## ON EDITORIALS

Daily Journal editorials are written by Editor K.C. Meadows with the concurrence of Publisher Kevin McConnell.

## In our opinion

## Good results

We're delighted to hear that all the businesses approached in the recent alcohol sting operation in Willits passed without a hitch.

The Ukiah and Willits Police Departments got together to conduct this latest operation, sending trained decoy teenagers into stores to buy alcohol, to see if any would succeed.

At the seven stores they tried, none got a drop of booze.

The seven stores that were doing their jobs and apparently have well-trained staff are: John's Place, TNT Grocery, Tower Mart, Village Liquor Market, Chevron Redwood Market, Safeway Gas and Express 76.

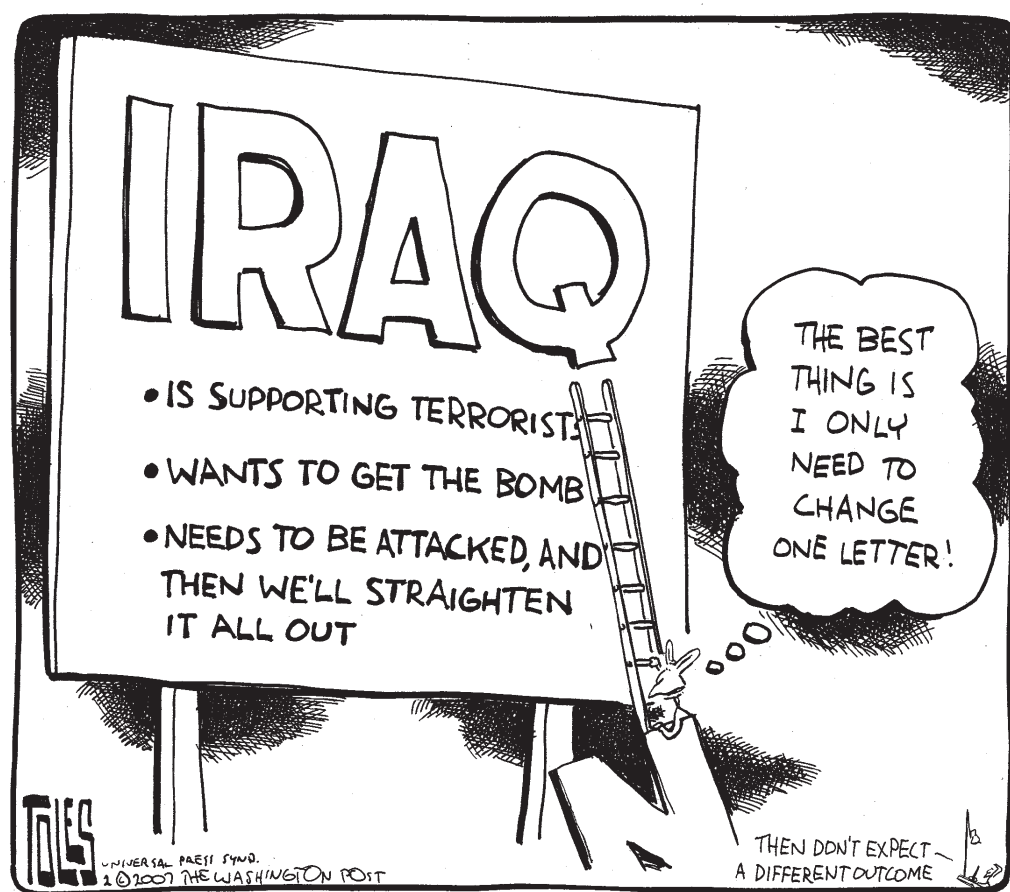
Not such good judgment was demonstrated by three of the 26 adults the decoy minors approached to ask if they would buy alcohol for them.

Michael Joseph Wilder, 21, Robert Henry German, 57, and Robert Shawn Shinault, 38, all of Willits, were arrested on suspicion of furnishing alcohol to a minor.

It goes to show that much of the problem of teen alcohol abuse still stems from adults who think it's OK for the underage to drink. And as the age range among these adults demonstrates, it's a problem among all adults both young and old.

How many times have we, as a community, seen a tragic accident caused by drunken teens and wondered, where in the world did they get it? Too often some older sibling or other family member, or as in these cases, perfect strangers, are willing to say, "Oh what the heck."

We're glad that such a small portion of those approached were willing. But that's still three too many.



town and locally owned. It would draw people from over thirty miles away which would worsen local traffic congestion and increase air pollution in our Valley. If the site is retained in Industrial zoning, we can bring new manufacturing or industrial jobs to that site, allow for the predicted re-emergence of the timber industry in the coming years, and encourage value-added options for agricultural products instead of the low-wage service jobs that come with big-box retail.

The Ukiah Valley Smart Growth Coalition is an independent citizen forum created in 2005 to ensure high quality community-based planning, educate the community, and demand a transparent process to update the UVAP and a solid Environmental Impact Report. We organized to face the threat from multiple, large-scale development proposals that were surfacing in the County: the Ryder Homes proposal for homes on the east Masonite site, the proposed conversion of the west Masonite site to a regional retail mega-mall, and the residential subdivision proposed for Lovers Lane.

We are now disappointed that so many of the current UVAP alternatives promote sprawl rather than focus on what citizens across the political spectrum have declared over and over again through the UVAP process: The most important asset of the Ukiah Valley is its 'small town' character and friendly atmosphere. We want to keep it

that way.

We encourage the Board of Supervisors to choose their preferred alternative for each of the nine "UVAP Discussion Areas" by starting with the City's existing growth capacity and deciding what is needed beyond that. It does not make sense to ignore the City's existing plans. The UVAP update process should be an endeavor of cooperation between the County and the City, not competition.

If you believe that Smart Growth is the way to go, come to the meeting of the Mendocino County Board of Supervisors today, at 501 Low Gap Road. If you want to hear MIG present their final UVAP land-use alternatives, come to the morning session at 9:45 a.m. If you work or have other commitments during the day, come to the afternoon session; it will begin at 1:30 p.m. and go "for as long as it takes," the County says, to hear everyone. So even if you can't come until 4 or 5 p.m., show up and let your voice be heard. Meanwhile, call Supervisor Jim Wattenburger (468-9096) and tell him you don't want the Industrial zoning taken from the Masonite site and the prime agricultural land north of Lovers Lane taken away from agriculture for housing.

To learn more about the Smart Growth Coalition, go to [www.ukiahsmartgrowth.org](http://www.ukiahsmartgrowth.org).

Mary Anne Miller and Steve Scalmanini are Ukiah Valley residents representing the Ukiah Valley Smart Growth Coalition.

## WHERE TO WRITE

**President George Bush:** The White House, 1600 Pennsylvania Ave., Washington, D.C. 20500; (202) 456-1111, FAX (202) 456-2461.

**Governor Arnold Schwarzenegger:** State Capitol, Sacramento, 95814. (916) 445-2841; FAX (916) 445-4633

**Sen. Barbara Boxer:** 112 Hart Senate Office Bldg., Washington, D.C. 20510; (202) 224-3553; San Francisco, (415) 403-0100 FAX (415) 956-6701

**Sen. Dianne Feinstein:** 331 Hart Senate Office Bldg., Washington, D.C. 20510. (202) 224-3841 FAX (202) 228-3954; San Francisco (415) 393-0707; senator@feinstein.senate.gov

**Congressman Mike Thompson:** 1st District, 231 Cannon Office Bldg, Washington, D.C. 20515. (202) 225-3311; FAX (202) 225-4335. Fort Bragg district office, 430 N. Franklin St., PO Box 2208, Fort Bragg 95437; 962-0933, FAX 962-0934;

[www.house.gov/write rep](http://www.house.gov/write rep)

**Assemblywoman Patty Berg:** State Assembly District 1, Capitol, Rm. 2137, Sacramento, 95814. (916) 319-2001; Santa Rosa, 576-2526; FAX, Santa Rosa, 576-2297. Berg's field representative in Ukiah office located at 311 N. State St, Ukiah, 95482, 463-5770. The office's fax number is 463-5773. E-mail to: [assembly-member.berg@assembly.ca.gov](mailto:assembly-member.berg@assembly.ca.gov)

**Senator Pat Wiggins:** State Senate District 2, Capitol Building, Room 5100, Sacramento, 95814. (916) 445-3375 Email: [senator.wiggins@sen.ca.gov](mailto:senator.wiggins@sen.ca.gov)

**Mendocino County Supervisors:** Michael Delbar, 1st District; Jim Wattenburger, 2nd District; John Pinches, 3rd District; Kendall Smith, 4th District; David Colfax, 5th District. All can be reached by writing to 501 Low Gap Road, Room 1090, Ukiah, 95482, 463-4221, FAX 463-4245. [bos@co.mendocino.ca.us](mailto:bos@co.mendocino.ca.us)

## From the desk of ....



RUBEN NAVARRETTE JR.

## The new diversity argument

A few years ago, I spoke to a roomful of human resource managers who undoubtedly expected me -- a Mexican-American -- to extol the virtues of diversity and make the case for hiring more minorities.

I did no such thing. Instead, I told them that I found this whole inclusion ritual -- where activists self-righteously bang on the doors of universities, boards, media and corporations to demand a seat at the table -- to be boring and passe.

Not that this sort of direct action wasn't necessary at one point, I told them. It was. In the 1960s and '70s, pressure tactics and affirmative action were necessary to break through barriers that some thought would never crumble. It's just that my generation has to approach this challenge differently. We need to make the case that we *shouldn't have to* make the case -- not in an era of globalization and expanding international markets and rapidly changing demographics.

Recent census data tell us that whites are now the statistical minority in nearly one out of 10 counties in the United States. And that number is up from what it was in 2000.

In this environment, diversifying a school's student body or a company's work force is something you do not for the good of society -- but for your own good. If you don't embrace the presence of minorities around you, chances are your competitor will and he'll eat your lunch. If you don't believe in the benefits that come from different perspectives and experiences, I told the group, then move along and don't block the merchandise.

That exchange comes to mind as I listen to the public debate over a provocative new study suggesting that diversity might actually be harmful to society. Harvard political scientist Robert Putnam earned national attention in 2000 with his insightful book "Bowling Alone" about how -- at a time when we all retreat to our suburban homes after work and close the garage door behind us -- civic engagement isn't what it used to be.

Now Putnam has surveyed about 30,000 residents of 41 different communities in the United States -- which he divides up into whites, blacks, Hispanics and Asians. The objective was to gauge how much faith these people have in their institutions, how much they trust their neighbors, how often they vote, and how much community involvement they have. The more diverse a community, Putnam reports, the fewer people vote or volunteer and the less they give to charity, contribute to civic projects, trust local government or believe the media. In fact, the more diverse their surroundings, the more likely people are -- in Putnam's words -- to "hunker down" and "pull in like a turtle."

Time out. Go to any predominantly white college or university in the country, and you're likely to find African-American or Hispanic kids sitting in their own clusters in the cafeteria. Conservatives have been known to call this sort of thing separatism. But when whites in the suburbs do much the same thing, researchers say they're just getting in touch with their inner turtle.

You can guess what comes next. In Putnam's research, more-homogenous neighborhoods -- those that are largely white or black or Hispanic or Asian -- fared much better in terms of civic involvement. But even there, Putnam reports, all is not well. Many people are actually just as distrustful of, and disconnected from, members of their own racial or ethnic group.

The racists must have missed that part. They're too busy cheering over the headline that diversity may be dooming society, and misapplying the results of his research to reignite old battles over affirmative action. That reception gives Putnam pause. He has said that he doesn't find it pleasant to be praised on David Duke's Web site. His work has also been applauded by one of our most notorious xenophobes. Pat Buchanan called the study a "blockbuster" and insisted that it makes the case for ending all immigration to the United States, even the legal kind.

I'm not sure that Putnam's study means everything that some people attribute to it. Even Putnam suggests that social identity is something that is constantly evolving and that we're always redefining what community we're a part of. We're not just colors on a rainbow. We're suburbanites and downtown dwellers, soccer moms and little league dads, white-collar professionals and blue-collar workers.

But again, I don't need to make a case for diversity. If you prefer a more homogenous environment, go for it. Be my guest. Yet be kind to your competition -- and pack a nice lunch.

Ruben Navarrette Jr. is a columnist and editorial board member of The San Diego Union-Tribune.



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Life: Scientists can't define it, but they tinker with, search for, maybe create it

By SETH BORENSTEIN  
AP Science Writer  
WASHINGTON

Philosophers wrestling with the big questions of life are no longer alone. Now scientists are struggling to define life as they manipulate it, look for it on other planets, and even create it in test tubes.

In June, researchers replaced the genetic identity of one bacterium with that of a second microbe. Other scientists are trying to build life from scratch. NASA scientists are searching for life in space but aren't sure what it will look like. And some futurists are pondering the prospect of robots becoming so human they might be considered a form of life.

So as scientists push the bounds of biology, astronomy and robotics, a big question looms: What exactly is life?

That question is bubbling up from recent advances in lab work.

In suburban Washington this summer, prominent scientists at the J. Craig Venter Institute, who were key players in mapping the human genome, switched DNA from one bacterium into another, changing its genetic identity. That put the world on notice that man's ability to manipulate life is dancing around the point of creation.

Now Venter is asking for a patent for a completely new bacteria that would be created by inserting genes into a hollowed-out cell of what once was a urinary tract bug. Venter does-

n't view that as creating life, just "modifying life to come up with new life forms."

At least half a dozen other research teams around the world are going farther, trying to create life out of chemicals, mimicking the beginnings of life on Earth. They're somewhere from three to 10 years from success, they figure.

For them, and Venter, new man-made life forms mean new energy sources, environmental clean-up mechanisms and life-saving medicines. For others, such a breakthrough would mean understanding how life began on Earth by trying to recreate it.

"We're all sort of thinking that the next origin of life will be in somebody's lab," said David Deamer, a University of California, Santa Cruz, biochemistry professor who is one of the leading experts trying to create life. But ask Deamer what life is, and he responds by saying it's best to describe it, not define it.

Broadly put, scientists like Deamer say life requires a cell with genetic material and the ability to reproduce, turn food into energy, and to evolve through natural selection. But it's not that simple for others seeking a definition.

At NASA's Astrobiology Institute in California, which studies extreme life here and the possibility of it elsewhere, it's far easier to say what life isn't, said institute director Carl Pilcher.

"Right now we may not have the base of knowledge necessary to answer the question, but there are ways we are proceeding," he said.

Last month, the National Academy of Sciences issued a "weird life" report cautioning NASA not to be so focused on water. It told the space agency that "as the search for life in the solar system expands, it is important to know what exactly to search for."

That same report urged NASA to avoid being "fixated on carbon" when it looks for life

even though carbon is often called the backbone of life on Earth.

But if carbon isn't a requirement for life, how about silicon? In other words, what about machines? Ray Kurzweil, a renowned futurist who advises people such as Bill Gates, believes that by 2029 a machine will pass a prime test of artificial intelligence, offering the same kind of answers as a human.

"The key issue as to whether or not a non-biological entity deserves rights really comes down to whether or not it's con-

scious," Kurzweil said. "Does it have feelings?"

This isn't just a Kurzweil concept.

"A monumental shift could occur if robots continue to be developed to the point where they can at some point reproduce, improve themselves or if they gain artificial intelligence," said a 2006 study commissioned by the British government's science office. That report compared the situation of robots to the emancipation of slaves.

Many scientists familiar with these challenges of defining life

say the answers won't be easy to find.

"It's an important but ultimately frustrating question if one expects to come up with a nice clean shiny answer; it ain't going to happen," said Francis Collins, a prominent Christian scientist and director of the National Human Genome Research Institute.

That talk about life is going to get uncomfortable as dreams of creation, from Frankenstein's monster on, get closer to reality, said University of Pennsylvania bioethicist Art Caplan.

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Roast pork Potatoes w/ gravy Green salad Roll Dessert	Chicken fried steak Potatoes w/ gravy Salad Roll Dessert	Barbecue chicken Vegetable Cole slaw Roll Dessert	Pork chops Scalloped potatoes Green beans Roll Dessert	Baked ham Scalloped potatoes Green beans Rolls Dessert

Striving

Continued from Page 3

washed sheets, and prepared meals; always tasting while she cooked. In those all-too-fleeting, precious, rare moments of solitude, she escaped with a novel and a bag of chips. Every afternoon - just so she could get out - she scooped up the kids, walked to this place and ordered a cookie for them and a muffin for herself.

This afternoon, while the kids napped, she noticed her shape in the mirror and suddenly felt very old. In that instant came the spark of change. "Just take a step," she told herself. "Not everything, anything. It's a beginning."

When the clerk asked for her order, the whirlwind of thoughts collapsed into silence. She replied, "Juice, yogurt, non-fat milk, and a diet soda."

With that simple action, she felt alive again.

About the author: Scott "Q" Marcus is a THINspirational speaker and author. Since losing 70 pounds 13 years ago, he conducts speeches, workshops, and presentations throughout the country. He can be reached at [www.TheEatingCycle.com](http://www.TheEatingCycle.com), [scottq@scottqmarcus.com](mailto:scottq@scottqmarcus.com), or 442-6243. Exchange ideas at his blogs: [www.ForeverFightingFat.com](http://www.ForeverFightingFat.com) and [www.WeightLossColumn.com](http://www.WeightLossColumn.com).

Bill

Continued from Page 3

says, is that healthy people could simply wait until they get sick to buy insurance, knowing that they can't be turned down. "It is akin to allowing someone to buy auto insurance after an accident, or homeowner's insurance after their house burns down," Brian Sassi, Blue Cross of California's president, wrote in a February letter to lawmakers.

Schwarzenegger's plan would try to head off that risk by requiring all residents to buy insurance. He said that would bring millions of new customers - some sick and costly to treat, but many more who rarely go to the doctor - to private insurers such as Blue Cross.

Several Blue Cross competitors remain open to a coverage mandate, as long as the state aggressively enforces the requirement that people carry insurance.

"Government should help people buy coverage if they cannot afford it on their own," Schwarzenegger is expected to tell insurers Friday. "But if they can buy it on their own, you should sell it to them."

Blue Cross doubts that the state could effectively enforce a requirement to buy insurance, leaving the company

with more sick people and forcing it to raise rates for everyone else. And some Democrats and consumer advocates say a mandate to buy insurance will be unworkable unless the coverage is affordable.

As those details are hashed out in private, Schwarzenegger will focus in public on how his plan would ease people's anxieties about health care, his advisers say. On Thursday, he appeared with several people whose career paths have been dictated by insurance.

Jennifer Harris, a Sacramento-area woman who was diagnosed with lupus at age 16, said she has sacrificed a career that would tap her creativity for the sake of decent health benefits. She works for a school district in a job about which she's less than enthused.

"It rules your life," Harris, 46, said of insurance considerations. "There's no way I

could pay for my medication on my own."

Under the governor's plan, Harris would be able to buy coverage on her own. He would allow insurers to charge varying rates, but not based on a person's health, only on factors such as age, geographic location and family size.

Democratic leaders in the Assembly and Senate, who announced Thursday they have merged their health care proposals into one bill, take a different approach. Under their plan, insurers could still deny coverage to people with serious existing medical conditions; those people would obtain coverage instead through a state "high-risk" insurance pool.

To fund that program, the Democrats, Assembly Speaker Fabian Nunez, D-Los Angeles, and Senate President Pro Tem Don Perata, D-Oakland, would charge insurance companies an unspecified fee.

Fantasy Stills Photography  
by Kimarie

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COMMUNITY DIGEST

Benefit softball tournament

The annual Friends of Friends softball tournament will be held at the Cloverdale City Park on August 25 and 26. The entry fee is \$300 for each team. Proceeds will go to a person in the community in need due to medical expenses. For more information call (707) 972-8122.

Soccer Camp Scholarship

The Ryan Rones Scholarship Committee is looking for applicants for the scholarship fund to benefit players wanting to attend soccer camps. Applicants must be dedicated to the game of soccer, hard-working, and have a good team attitude. Pick up applications at 601 N. State Street, or call 468-5711. Please submit the application at least two weeks before the start of the camp. Donations toward the fund are gratefully accepted at the address listed above.

Ukiah High boys Soccer

Ukiah High School is holding try-outs for the boys soccer team all this week. These try-outs will run from 5-6:30 p.m. and will go until August 24. For more information please contact coach Mario Garcia at 462-1601.

UHS volleyball is underway

The girls volleyball teams are holding tryouts through August 24, from 3 to 5 p.m. and 6 to 8 p.m. daily. The sport packets are available in the school office. Athletes will need to turn these packets into the Administration Office and then get an eligibility card which they then give to the coach. Participants will meet to bring knee pads, tennis shoes and plenty of water to drink. For any questions please contact Bobbi Whyburn at 463-1963.

UHS water polo team gearing up for fall

The Ukiah High School Boys and Girls Water Polo team will hold their first practices each weekday through August 24, beginning 8 a.m. at the Ukiah High School pool. Come prepared to swim and workout. Practices will be from 8 a.m. to 10:30 a.m., and from 3:30 p.m. to 6 p.m. daily during the week prior to school. A team information packet can be picked up at the Ukiah High Administration Building. Please call Coach Rick Cleland at 463-1551 for more information.

Wildcat water polo to hold a car wash

The Ukiah High School Boys and Girls Water Polo teams will be holding a car wash in the Ukiah Mendo Mill parking lot on Sunday, August 26, beginning at 11 am until 3:30 pm. Donations will be accepted to fund the team's tournament entry fees. Please call Rick Cleland at 463-1551 for more information.

Women's softball tournament sign-ups

The City of Ukiah is announcing the beginning of registration for a women's slow pitch softball tournament. Time is running out so be sure to sign up as soon as possible. The tournament will be held at the Ukiah Sports Complex on Saturday, August 25. The format will be a three game round-robin with a single elimination championship series to follow. All players on the roster must be 18 years or older at time of registration. The deadline for registration is Friday, August 17, and there is a maximum of 12 teams. Team fees are \$250 per team. For questions or to register a team, please call (707) 463-6714 or come in person to 411 West Clay Street.

Ukiah Wildcats girls soccer

August is here and that means another season of Wildcat soccer. Ukiah High School girls Junior Varsity and Varsity soccer teams will be holding try-outs through August 24. The double day try-outs will be held at Ukiah High soccer fields from 6-7:30 a.m. and again at 4:15-6 p.m. Please be sure to have paperwork in order and come prepared to practice in the hot weather. For more information, feel free to call Andy Hendry at 463-2488 or 972-9156.

Attention coaches!

Please report local game results and schedule updates to the Ukiah Daily Journal sports desk as they happen. Ideas for sports feature stories are also appreciated. Game or team photos, statistics, and contact information are always appreciated. The sports editors will do their best to include as many local teams as possible. Information may be dropped off at 590 S. School Street on weekdays. Telephone results to 468-3518 any time, or email udjsports@pacific.net.

Continued on page 7

Vick agrees to plead guilty to dogfighting charges

Three associates prepared to testify against the Atlanta Falcons star

By LARRY O'DELL Associated Press Writer

RICHMOND — More than football, Michael Vick's freedom is the question now. With three associates prepared to testify that he brutally executed dogs and bankrolled gambling, the NFL star agreed Monday to "accept full responsibility" for his role in a dogfighting ring and plead guilty to federal conspiracy charges. Worries about playing time will have to wait while Vick faces prison time — from one

to five years. The maximum term is five years in prison and a \$250,000 fine, although federal sentencing guidelines likely would call for less. Defense attorneys would not divulge details of the plea agreement or how much time Vick can expect to serve. However, a government official, speaking on condition of anonymity because the terms are not final, told The Associated Press that prosecutors will recommend a sentence of a year to 18 months. The official said such a sentence would be more than what is usually recommended for first-time offenders, reflecting the government's attempt to show that animal abusers will receive more than

a slap on the wrist. U.S. District Judge Henry Hudson is not bound by prosecutors' recommendations or the sentencing guidelines and will have the final say. Twenty-five days after he declared that he looked forward to clearing his name, Vick said through defense lawyer Billy Martin that he will plead guilty. A hearing is scheduled for Aug. 27. "Mr. Vick has agreed to enter a plea of guilty to those charges and to accept full responsibility for his actions and the mistakes he has made," Martin said in a statement. "Michael wishes to apologize again to everyone who has been hurt by this matter." The NFL noted in a state-

ment that the Atlanta Falcons quarterback's admission wasn't in line with what he told commissioner Roger Goodell shortly after being charged. "We totally condemn the conduct outlined in the charges, which is inconsistent with what Michael Vick previously told both our office and the Falcons," the NFL said. The league, which barred Vick from training camp, said it has asked the Falcons to withhold further action while the NFL's own investigation wraps up. The Falcons said they were "certainly troubled" by news of the plea, but would withhold further comment in compliance with Goodell's request. Gene Upshaw, executive

director of the NFL Players Association, said in a statement: "We believe the criminal conduct to which Mr. Vick has pled guilty today cannot be condoned under any circumstances. Speaking personally, as I have previously stated, the practice of dog fighting is offensive and completely unacceptable. I can only hope that Mr. Vick, who is young man, will learn from this awful experience." In a telephone interview with the AP, Martin said Vick is paying a high price for allowing old friends to influence his behavior, but he emphasized that his client takes full responsibility. "There were some judg-

See VICK, Page 8

GIANTS 8 | MARLINS 7

Bengie Molina drives in 3 to help Giants complete sweep

By STEVEN WINE AP Sports Writer

MIAMI — The San Francisco Giants have finally learned how to win on the road. In Miami, at least. Bengie Molina drove in the go-ahead run in the sixth inning with his third RBI single, and the last-place Giants overcame a four-run deficit Monday to complete a four-game sweep with an 8-7 win over the Florida Marlins. The Giants won their fifth consecutive game for their longest road winning streak since Aug. 21-Sept. 5, 2005. San Francisco finished 6-3 on its first winning trip of the year — a bright spot in a disappointing season. "With all we've gone through, I couldn't be prouder," manager Bruce Bochy said. "That's a great win, a great series, a great road trip. They're fighting. That's all I can ask."



John Green/San Mateo County Times

San Francisco Giants' Bengie Molina had four hits in the game, which matched the catcher's career high.

The news wasn't all good for the Giants: Starter Russ Ortiz left the game in the fifth inning with a strained elbow and is scheduled to undergo an MRI test Tuesday. He has already spent two stints on the disabled list this season with arm trouble. Each team played without its slugger in the starting lineup. Barry Bonds sat out for the second day in a row, and the Marlins' Miguel Cabrera was a late scratch because he arrived to the ballpark 30 minutes later than required. Cabrera pinch-hit in the eighth and singled home Florida's final run. "Everybody makes mistakes," manager Fredi Gonzalez said. "He was remorseful. We go on." Announced attendance was 10,907, but the actual crowd for the afternoon game was less than 2,500 — the small-

est yet this season for the Marlins, who rank last in the NL in attendance. Jeremy Hermida hit a three-run homer for the Marlins, and was greeted in front of the dugout with a hug from Cabrera. That gave Florida a 4-0 lead, but the Giants came back despite stranding 14 runners. They finished with 17 hits. Catcher Molina went 4-for-5, which compensated for a throwing error he made that allowed Florida to score for a 5-all tie in the fifth. The Giants took the lead in the next inning. Dave Roberts led off with a triple off Ross Wolf (0-1) and came home on a one-out single by Molina. "Everybody is relaxing a little bit, playing together and picking each other up," Molina said. "It's making a

difference now. This what we need to do — to finish up the season strong." The Marlins thought they had Molina struck out in the fifth, but his swing with two strikes was ruled a foul tip. He then hit an RBI single off Sergio Mitre for a 4-all tie. "The umpire got it wrong — he wasn't even close to hitting the ball," Mitre said. "The umpire missed it. But I've got to make a pitch after that." Plate umpire Paul Schrieber ejected Marlins pitching coach Rick Kranitz for arguing about the call. Rich Aurilia had three hits for the Giants. Omar Vizquel drove in two runs with a sacrifice fly and a single. Jack Taschner (3-1) pitched 1 1-3 scoreless innings despite three walks. With Brad Hennessey getting the day

Noel McCormack Jr. wins a fiery modified main

Lucerne's Forrest Kueker dominates the Late Model events

by Curtis Clauson

The next "King of the Hill Challenge Series" event was held at the Ukiah Speedway last Saturday. The pleasant breezy weather bought in 70 race cars in five classes. The Airport Auto Brokers Late Model events were almost completely dominated by Forrest Kuecker of Lucerne who won the main event, trophy dash, and the heat race. Jeremy Hopkins of Lakeport set the fast time of 12.967s. Avoiding a last-lap fiery crash, Noel McCormack Jr. of Lakeport won his first Modified main event of the season and set the fast time of 13.242s. Andy Vander Veer of Santa Rosa had to make his way through the pack twice to win the Bonus Bomber main event. He also set the fast time of 14.860s and won his heat race. The Bomber main event only had two yellows, but was full of spins, three-wide racing, a green-white-checker shootout, and disqualifications. When the smoke cleared, Anthony McCoy of Redwood Valley brought home the checkered flag for the first time this season. Ron Duke Sr. of Redwood Valley set the fast time of 15.708s. Late Models The Late Model main event started with a field of eight cars led by Charlie Collins and Sean Caturegli. Collins took the early lead as Forrest Kuecker and Jeremy Hopkins made their way past David Furia and John Dalerio. In lap five, Caturegli passed Collins for the lead and, three laps later, Kuecker passed Collins for second and Hopkins made it past Furia.

As Michael Swaney was being lapped in lap 12, Hopkins took third from Collins. For seven laps, Noel McCormack Jr. tried to make his way past Furia for fifth until a yellow was thrown in lap 21 to put Furia back one position for blocking. Caturegli and Kuecker led the restart. McCormack got the jump on Collins to move up and battle Hopkins for third. In lap 13, McCormack broke and Hopkins spun of the backstretch for a caution. McCormack had to retire to the pits and Hopkins restarted from the back in front of Mike Bourbon and Swaney. Caturegli and Kuecker again led the restart, but this time Kuecker got the advantage from the outside and took the lead. Furia jumped ahead of Collins for third. Hopkins took up the battle with Collins for fourth. At the finish it was Kuecker followed by Caturegli, Furia, Hopkins, and Collins. Modifieds Gary Lowblad and Jeremy Nowlin led the 18 Modifieds to the start of their main event. They ran side-by-side for six laps until a mid-pack tangle caused a yellow and sent Drew Foster, and Clay Caturegli to visit the pits. Nowlin and Lowblad restarted the field but a frontstretch spin by Codi Barba brought things to a halt again. Barba, Thomas Wright, and Scott Feil were sent to the back while Bob Strauss had to visit the pits with mechanical problems. Nowlin and Lowblad led the restart again but Rick Pardini broke a tie-rod and spun into the turn four infield. Pardini, Feil, and Strauss all retired to the pits. Nowlin and Lowblad started them up again in front of Scott Sabol inside of Derrick Crayford. Crayford and

Rick Rose made contact causing Crayford to fish-tail wildly through turns one and two, but he recovered dropping into fifth. Sabol and Rose passed Lowblad on the outside and Sabol started an outside challenge on Nowlin for the lead. Crayford caught back up to the front three as Lowblad was shuffled back by Noel McCormack Jr., Jim Sozzoni, and Richie Potts. In lap 11 as Sabol dug for the lead, he broke loose causing Rose and Crayford to go three-wide to avoid him. Sabol recovered and dropped into fifth behind McCormack. For 10 laps Nowlin stretched his lead while McCormack slowly weaved past Rose, Crayford, and Sabol until, in lap 21, he caught Nowlin and took the lead on the backstretch. As McCormack drove away from Nowlin and Rose, Crayford and Sabol fought for fourth, Terry McIntire finally broke out from tenth to make his way past Sozzoni for seventh behind Potts. In lap 24, Bret Barney and Drew Foster made contact at the back of the pack spinning Barney in turn four for a caution. McCormack and Nowlin led the field to the restart. Nowlin bobbed outside of Rose causing Crayford to dodge wide and fall back outside Sabol and then McIntire before he could recover in sixth. With four laps to go, Crayford lit the after-burners on the outside to pass McIntire and Sabol, and then challenge Rose for third. In the final lap, contact between Crayford and Rose sent Rose into the outside backstretch dirt and back into Crayford in turn three, spinning them both in front of the pack and sending them over the berm off the track. There was a burst of fire, but it quickly doused itself and

everyone was all right. The yellow was thrown but, since this was the last lap, racers had to make it to the finish line for their positions. McCormack claimed the checkers followed by Nowlin. Both Sabol and McIntire were caught up in the spin allowing Wright to finish third, Potts fourth, and Caturegli fifth. Potts won the trophy dash, and Mark Marek, Nowlin, and Crayford the heat races. Bonus Bombers The Bonus Bomber 13 car pack was led to the main event start by Galdino Guevara and David Jones. Guevara immediately let the field pass him as Jones took the lead ahead of Jerry Crapo. Gary Collins quickly made his way up from sixth to third but was blocked by the slower front-runners. In lap seven, Crapo and then Jones were finally shuffled back and Collins took the lead. Andy Vander Veer, caught behind Crapo and Jones, was passed by Eric Johnson, Jared Martin, and Todd Armstrong for second through fourth. Armstrong suddenly lost power and exited to the pits. Collins and Johnson fought for the lead ahead of Martin and Vander Veer, as Robert Loucks and Bill Binns made their way past Jones and Crapo into fifth and sixth. In lap 16, Johnson had just nosed into the lead when Loucks spun in turn one bringing out the first caution. Johnson and Collins restarted the field, but Martin stalled out on the backstretch for another caution. Johnson and Collins led the restart again. Johnson took the inside lead and Vander Veer followed into second. Binns passed Collins for third leaving him to the predations of Bill Mucci and Loucks. However, in lap 22 the action was halted when Loucks lost a tire. See SPEEDWAY, Page 7



# Broncos trade DT Gerard Warren to rival Raiders

Deal marks first between the franchises since 1993

By JOSH DUBOW  
AP Sports Writer

ALAMEDA — Gerard Warren was dealt from Denver because he didn't fit into the Broncos' new defensive system. Warren Sapp doesn't see how the former No. 3 overall pick fits onto the Oakland Raiders' roster.

"I wouldn't want to go to a team three weeks after their training camp and try to make their team, with my talent," Sapp said. "I wouldn't want to do that."

Warren was acquired Monday for a conditional fifth-round pick in the first deal between the AFC West rivals since 1993. The Broncos only get the pick if Warren makes the Raiders' roster.

Sapp said he didn't see the need to add any defensive linemen, saying he was happy with the group that opened camp and that he had a hard time seeing Warren make the team.

"My eight's been here since I first walked in the door and I said, 'There's my eight.' That's what I've looked at and said, 'There's my eight, I can win with those eight,'" he said. "And he never came into that picture until I walked into the job this morning. I don't see him cracking that eight. I don't make personnel decisions around here, but I don't see him cracking my eight."

The last trade between the Raiders and Broncos came when Denver dealt running back Gaston Green for a third round pick that turned out to be defensive back Rondell Jones.

Denver coach Mike Shanahan, who had been fired by Raiders owner Al

Davis in 1989, became the Broncos coach in 1995 and the teams have not made a trade since. Denver hired former Raiders senior personnel executive Michael Lombardi in July as a personnel assistant, two months after he was fired by Oakland.

Shanahan acknowledged how rare a deal between the two rivals was, but said he had no fear trading a player he could face twice a year.

"No, you've got to make a decision based on what you think is best for your organization," Shanahan said.

Just one year ago, Warren was deemed the Broncos' best defensive linemen as evidenced by the six-year, \$36 million contract he signed before injuries to both big toes led to an unproductive 2006 season.

This year, he didn't fit in the system put in place by the new defensive boss Jim Bates, which requires large interior linemen who hold the point of attack rather than penetrate. The defense played poorly in the first two exhibition games and lost defensive end Ebenezer Ekuban to a season-ending Achilles' injury.

"We're not catching on as fast as we'd like," Bates said. "There's a lot of promising things we see on the tape. There's a lot of good things happening out on the practice field. But in the games we have not played well."



Gerard Warren is a seventh-year pro defensive tackle.

Sapp and Terrell Sands are Oakland's starters at tackle, with Tyler Brayton and Anttaj Hawthorne as the backups. Tommy Kelly has played both tackle and end in camp but could move to end fulltime because of the trade. The Raiders struggled with their second defensive unit in Saturday's exhibition game against San Francisco and wanted more depth.

"It's a rough business down there," Pro Bowl defensive end Derrick Burgess said. "Anybody can go down any time. You need a guy behind the guy who's starting, to just step in there and do what they're supposed to do."

Warren (6-foot-4, 325 pounds) is a seventh-year pro who spent the past two seasons in Denver after he was

acquired in a trade with Cleveland in 2005. The Browns made him the third overall pick in the 2001 draft out of Florida.

Warren had 51 tackles and 2 1/2 sacks last season and never regained his strength and stamina after a toe injury in training camp hobbled him all year.

The Broncos left him behind when they opened the exhibition season at San Francisco and again when they spent a week in Dallas practicing with the Cowboys before their preseason game Saturday night.

"Obviously I've been here for training camp so I don't know how training camp has gone or any of that," said Raiders offensive lineman Cooper Carlisle, who played with Warren the past two seasons in Denver. "I know when I was there he still had plenty of gas left."

Washington and Indianapolis were interested in Warren but might have been hoping for his release so they could negotiate their own deal and not compensate the Broncos.

Warren, who cemented his nickname "Big Money" with his contract extension last summer, actually earned about \$6.5 million of that \$36 million deal. He received \$2 million from the Broncos this year in roster and work-out bonuses. His salary for the upcoming season is a little less than \$600,000.

AP Sports Writer Arnie Stapleton contributed to this report from Englewood, Colo.

## Vick

Continued from Page 6

ment issues in terms of people he was associating with," Martin said. "He realized this is very serious, and he decided to plead so he can begin the healing process."

The lawyer said salvaging Vick's NFL career was never part of the discussions.

"Football is not the most important thing in Michael Vick's life," Martin said. "He wants to get his life back on track."

Another defense attorney, James D. "Butch" Williams Jr., alluded to the harsh public backlash against Vick since the July 17 indictment detailed the abuse of dogs on Vick's property in Surry County, Va.

"Michael is a father, he's a son, he's a human being — people oftentimes forget that," he said, adding that Vick is "very remorseful."

"Nobody's been rougher on

Michael Vick than Mike's been on himself," Williams said.

Animal-rights activists said they hoped the high-profile case would increase public awareness and help bring down other dogfighting rings.

"The only good that can come from this case is that the American people dedicate themselves to the task of rooting out dogfighting in every infected area where it thrives," said Wayne Pacelle, president and CEO of the Humane Society of the United States.

The plea deal was announced just as a new grand jury began meeting. Prosecutors had said that a superseding indictment was in the works, but Vick's plea most likely means he will not face new charges on top of the original: conspiracy to travel in interstate commerce in aid of unlawful activities and conspiracy to sponsor a dog in an animal fighting venture.

Three of Vick's original co-



Michael Vick.

defendants already had pleaded guilty and agreed to testify against him if the case went to trial. Quanis Phillips of Atlanta and Purnell Peace of Virginia Beach signed statements saying Vick participated in executing at least eight underperforming dogs by various means, including drowning and hanging.

Phillips, Peace and Tony Taylor, who pleaded guilty last month, also said Vick provided virtually all of the gambling and operating funds for his "Bad Newz Kennels" operation in rural Virginia, not far from Vick's hometown of

Newport News.

The gambling allegations alone could trigger a lifetime ban under the NFL's personal conduct policy.

Vick's Atlanta attorney, Daniel Meachum, told the AP that Vick is taking a chance with his guilty plea as far as his career is concerned because there have been no discussions with the league in recent days.

"There's no promise or even a request of the league to make a promise," Meachum said.

He said the plea deal involves only the federal case and that he didn't know if there had been any discussions about resolving state charges that may still be filed.

The case began April 25 when investigators conducting a drug search at a massive home Vick built in Surry County found 66 dogs, some of them injured, and items typically used in dogfighting. They included a "rape stand" that holds aggressive dogs in

place for mating and a "break-stick" used to pry open a dog's mouth.

Vick contended he knew nothing about a dogfighting operation at the home, where one of his cousins lived, and said he rarely visited.

The former Virginia Tech star also blamed friends and family members for taking advantage of his generosity and pledged to be more scrupulous.

The July 17 indictment said dogs that lost fights or fared poorly in test fights were sometimes executed by hanging, electrocution or other brutal means. The grisly details fueled public protests against Vick and cost him some of his lucrative endorsement deals.

Associated Press Writers Harry R. Weber and Doug Gross in Atlanta, Michael Felberbaum in Richmond and Lara Jakes Jordan in Washington contributed to this report.

## Speedway

Continued from Page 6

Johnson and Vander Veer led them to the green and Vander Veer took the outside lead. Binns kept third from Collins as Mucci battled Keith Nelson and Jared Martin. In the last lap as cars were being lapped, Collins and Martin lost tremendous ground.

Vander Veer finished first, followed by Johnson, Binns, Mucci, and Jones. Martin won the trophy dash and Crapo his heat race.

**Bombers**

A full field of 18 Bombers were led to the start by Mike Bray and Eric Williamson. Andy Norton and Keven Brackett transferred in from the B-Main. Bray took the lead as Tim Buzzard passed Williamson for second, and Robert Byers and Shawn Kennedy battled for fourth.

In lap four, Eric Hernandez in seventh spun behind Jimmy Sorrels and collected Derrick Crayford and Jon Waner for the first of only two cautions. Crayford visited the pits with a flat.

Bray and Buzzard led the restart and Bray took the inside lead. Buzzard was passed on the inside by Williamson and Kennedy. Byers got very loose outside Anthony McCoy and pushed Sorrels back outside of Ron Duke Sr. in eighth.

McCoy galloped on the outside past Buzzard, Kennedy, and Williamson to

challenge Bray. George Abella, Duke, Manya Tenney, and Shelby Helm were trying to follow. In lap 15, McCoy swung outside Bray and finished the pass on the backstretch. Abella and Duke made it past Williamson and Kennedy while Tenney and Helm battled side-by-side in front of Jon Waner.

Duke powered up the outside past Abella and Bray. As Tenney passed Kennedy, Kennedy got loose on the backstretch. Waner and Helm went three-wide to avoid him as he wobbled through turns three and four before he finally recovered.

In lap 20, Abella followed Duke outside of Bray for third as Tenney continued past Williamson for fifth. Waner passed Williamson for sixth but, before Helm could follow, Randy Portlock swung outside to pass them both and then Helm followed.

Duke was steadily reeling in McCoy's lead, but they were also about to lap and were slowed by Brackett and Byers. Duke got a nose inside of McCoy and shot out in first and to the outside of Brackett. The leaders threaded past Brackett and Byers as Tenney swung outside of Bray for fourth when Hernandez spun in turn one for a caution.

Byers elected to go to the back rather than restart in his lapped position with the leaders. Duke and McCoy brought them to the green flag for the green-white-checker two lap shootout in front of Abella inside the lapped Brackett,

Bray inside Tenney, Waner inside Portlock, and Helm inside Williamson.

McCoy nosed out in front through turns one and two, but Duke powered back on the backstretch followed by Abella. The lapped Brackett slowed the outside line and pushed Tenney and Portlock back behind Bray, Waner, and Helm.

McCoy tried to hold on, but finally fell in behind Duke. Duke crossed the line first,

followed by McCoy, Abella, Bray, and Waner. However, both Duke and Bray were disqualified in post-race technical inspection. This placed McCoy in first, followed by Abella, Waner, Helm, and Portlock. Abella won the trophy dash, and Norton, Bray, and Crayford the heat races.

**Coming Up**

The "King of the Hill Challenge Series" continues this Saturday night Aug. 25 at the Lakeport Speedway with

the Late Models, Modifieds, Mini-Stocks, Bonus Bombers, and Bombers. Racing returns to the Ukiah Speedway Labor Day Weekend Sept. 1-2 with the Red Fox 125 featuring the North State Challenge Series Late Models, the Legends Cars of the Pacific, and the next "King of the Hill Challenge Series" event with the Modifieds, Bonus Bombers, and Bombers.

For more information, see [www.UkiahSpeedway.com](http://www.UkiahSpeedway.com).

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## COMMUNITY DIGEST

### UHS girls golf

The first day of tryouts for the Ukiah High School Girls Golf team will be at 3:00 p.m. on Tuesday, August 21, 2007, at the Ukiah Municipal Golf Course. The Sports Participation packets, now available at the high school administration building, must be completed prior to participation on the team.

Athletes will receive an eligibility card to be turned in to the golf coach confirming their eligibility. Any questions, call Chris Philbrick at 463-1731.

### UHS Girls tennis tryouts

Tryouts for the Ukiah High School Girls Tennis Team will continue through August 31, from 3 p.m. to 5 p.m. each day, at the Mendocino College tennis courts. All participants must have completed their Sports Physical Examination, and have turned in their fully completed Sports Participation Packet to the Ukiah Administration Office prior to tryouts to be eligible to participate in tryouts.

Athletes will receive an eligibility card to be turned in to the tennis coach at the start of tryouts. Participants need to bring a tennis racket, athletic shoes designed specifically for tennis, and a water bottle each day.

The Ukiah High School Girls Tennis Team will play all of their home matches at Mendocino College, due to court renovations at Ukiah. Practices will also be held on these courts once school begins. Any questions may be directed to Pat Milovina, Ukiah High School Girls Varsity Tennis Coach, at 462-0655 or [milovina5@comcast.net](mailto:milovina5@comcast.net).

### UHS Boosters dinner

Ukiah High School Boosters fund raising dinner and auction will be held on Monday, October 15. The community is invited to join us for our annual event at a "new" location in the Fine Arts building at the Ukiah Fair Grounds. Dinner tickets are \$30 per person. For reservations and purchase information contact Deni Lee at 468-3736 or Val Jackson at 468-9085.

### UHS Boosters meeting

Become involved and join the Boosters Club. All parents and community members are welcome and encouraged to participate. This is a fun group who works hard to help our athletes. The next Ukiah High School Boosters meeting will be on Tuesday, August 21 at 5:30 p.m. on campus in the Main Office Building/Career Center.

### N.U.L.L Fall ball

Still want to play Fall baseball? Sign up now. Games begin September 1. Contact Sonny Garza (707) 456-9302 for more information.

### Rusty Bowl BMX summer hours

Summer hours began July 23 and will run through September 30. BMX racing will be on Sunday at a new time. Registration will open from 5 p.m. until 6:30. Racing follows the close of registration. Practice is Thursday evenings from 5 p.m. until 7 p.m. Everyone is encouraged to come out and experience bicycle Moto-Cross at its best. For additional information call 462-0249.

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# Amend it like Beckham: Soccer superstar revives fading mania

**By BETH HARRIS**  
**AP Sports Writer**

CARSON — A month into his hugely hyped arrival with the Los Angeles Galaxy, David Beckham has finally made a splash on the field.

His timing was impeccable.

Just when Beckham mania appeared to be fading, the English superstar revived it by scoring his first goal and notching three assists while playing major minutes in two games last week.

Beckham's first goal for the Galaxy came in a 2-0 SuperLiga victory over D.C. United last Wednesday, his first start for his new team.

That famous bending free kick led to a fresh round of next-day Becks' highlights on everything from ESPN's "SportsCenter" to the tabloid show "Inside Edition."

"I've scored a lot of important goals in my career, big goals in my career, and this ranks among them," he said. "I wanted to get off to a good start with the team and with the fans."

Then he drew 66,237 to Giants Stadium for his first Major League Soccer start. Beckham set up two goals, but the Galaxy lost 5-4 to the New York Red Bulls on Saturday.

"Oh, yeah, there's tremendous pressure," Galaxy general manager Alexi Lalas said. "We're not naive to the fact that a lot of people want to see him and that there's a lot of people buying tickets specifically to see him."

The initial Beckham buzz had

quickly died down because of a left ankle injury that relegated the former England captain to the bench for much of his first month.

Instead of "Bend It Like Beckham," it was more "Bench It Like Beckham."

He played a total of 37 minutes in two token appearances in his first eight games, disappointing fans in sellout crowds who were forced to buy tickets for multiple games just to see Beckham.

His first extended road trip drew an average of 42,211 fans to Toronto, Washington, New England and New York, although he sat out in Toronto and New England.

Lalas made no apologies for aggressively marketing Beckham despite his injury that occurred a month before he joined the team.

"When you buy a ticket to see the Galaxy, it says L.A. Galaxy on that ticket. It doesn't say any of our players' names and we can't guarantee that any of them will be out there," he said.

"We were upfront and said he could miss games because of injury, he could miss games because of England call-ups, all of these things that occur in every other sport."

Indeed, Beckham hopes his ankle is well enough for him to make his 97th appearance for England against Germany in London on Wednesday night. Then he'll fly across eight time zones to try to make Thursday's night MLS game against Chivas USA in Carson.

Not only are fans buying tickets

— although just 17,223 saw his first goal in Carson — they're snapping up No. 23 jerseys.

Even with his injury, merchandise sales are up 700 percent for the Galaxy this season and 300 percent leaguewide because of Beckham, according to MLS.

However, until the most scrutinized left ankle in sports is fully healed, Beckham may continue to play in fits and starts, prompting more of the criticism that's been directed at him and the team.

"It's unfair," Galaxy midfielder Peter Vagenas said. "If it were truly up to him, and if it were medically the right thing to do, he would have been out there a long time ago."

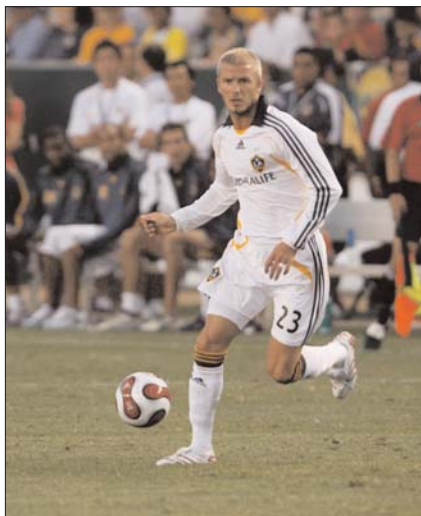
Beckham didn't practice with the team for the first time until last week. Before then, the Galaxy had limited media access to Beckham to news conferences. The team had been vague about his ankle and his playing status.

"It's so hard to come into a new situation where everything is so hyped and not be able to do anything about it," Galaxy goalkeeper Joe Cannon said. "It's been a trying time for all of us."

Beckham recently admitted that his ankle wasn't ready when he made his July 21 debut in an exhibition against Chelsea attended by a star-studded sellout crowd of 27,000 and shown live on ESPN.

"It definitely aggravated it and put me back at least a week," he said.

But Lalas said Beckham himself decided to play that night.



File photo  
**LA Galaxy and MLS superstar David Beckham.**

"There was certainly a tremendous amount of pressure and in a perfect world, we would just say no and we would have set him down for a month," the general manager said. "But this is not a perfect world. This is a sport that is growing, and David has a tremendous responsibility that he accepts and recognizes."

When Beckham finally did start for the first time last Wednesday, what the public likely didn't notice was that by simply playing extended minutes for the first time, Becks became one of the guys.

"When he's on the field with you and he's helping you and contributing, then you look at him in a different way and he looks at us in a different way," Landon Donovan said.

"Not that we didn't respect him before, but now there's so much more respect."

The air of mystery about Beckham's ankle and the amount of time he spent rehabbing it during his first month had created an unintentional distance between him and his new teammates. He was reluctant to take a leadership role and tell others what to do when he had yet to play much.

That changed last week when Donovan and Beckham chatted while walking to their cars after practice. Donovan, the Galaxy's biggest star until Beckham arrived, offered his captain's armband to Beckham.

"It made him immediately part of the team in a real sense," Donovan said. "Guys looked at him differently and he could say things to guys differently."

Beckham's new influence apparently extends to his teammates' fashion choices. Like him, several of them have dressed in black suits, white shirts and red ties after recent games.

Having the world's most famous soccer player suddenly dropped in their midst has been "an eye-opener" for the team, Vagenas said.

"His being here puts all of us on the world stage. Every little game that we play, every little thing that you do truly means something," the midfielder said. "You're in the pressure cooker, so you've got to perform."

No one more so than Beckham.

# Business & Service Directory

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PEANUTS

by Charles M. Schulz



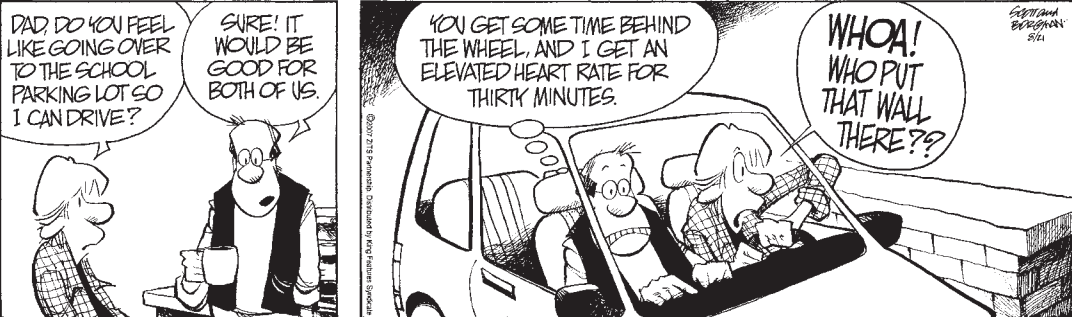
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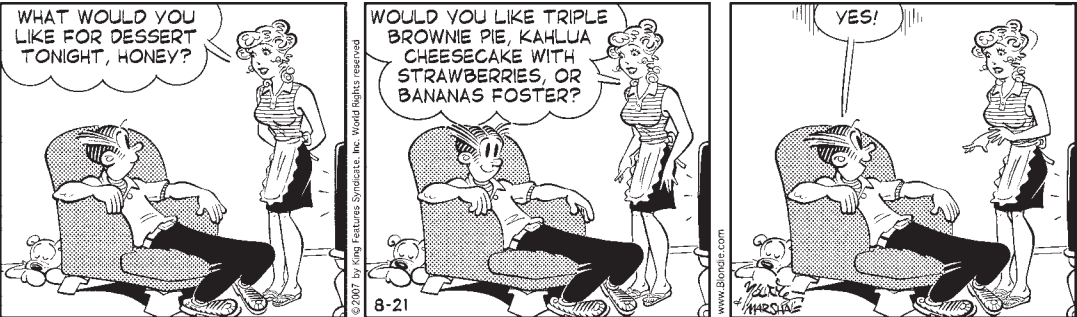
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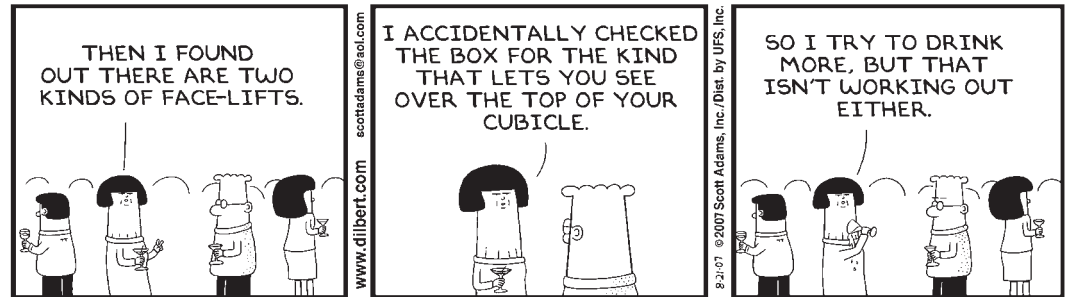
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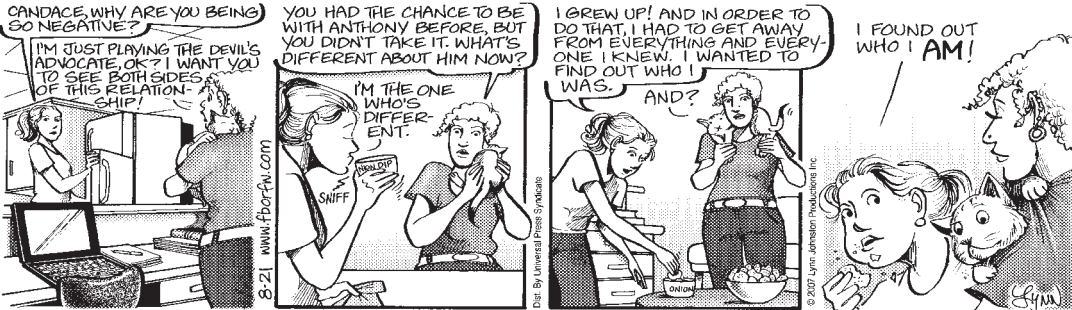
FRANK AND ERNEST

by Bob Thaves



FOR BETTER OR FOR WORSE

by Lynn Johnson



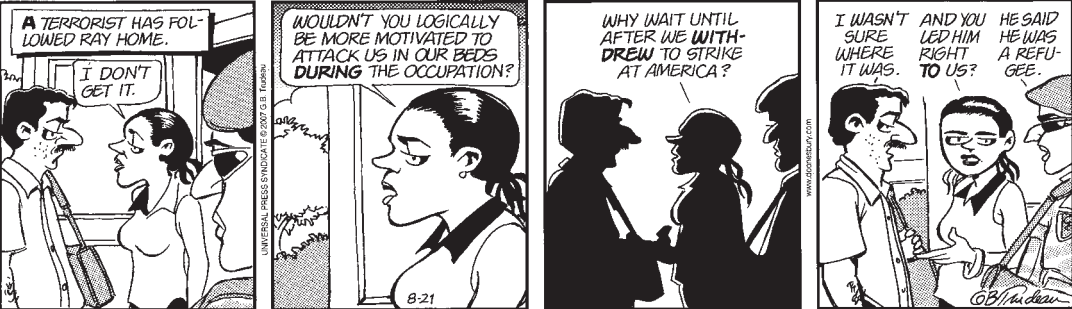
BEETLE BAILEY

by Mort Walker



DOONESBURY

by Gary Trudeau



HAGAR THE HORRIBLE

by Dik Browne



Datebook: Tuesday, Aug. 21, 2007

Today is the 233rd day of 2007 and the 62nd day of summer.  
**TODAY'S HISTORY:** In 1858, Abraham Lincoln and Stephen Douglas held the first of their seven debates.  
In 1903, Tom Fetch and M.C. Karrup com-

pleted America's first transcontinental automobile race.  
In 1959, Hawaii became the 50th U.S. state.  
**TODAY'S BIRTHDAYS:** Count Basie (1904-1984), musician; Wilt Chamberlain (1936-1999), basketball player; Kenny Rogers

(1938-), singer, is 69; Peter Weir (1944-), film director, is 63; Joe Strummer (1952-2002), musician; Kim Cattrall (1956-), actress, is 51.  
**TODAY'S SPORTS:** In 2004, a scoring mistake cost South Korean gymnast Yang Tae-Young the gold medal in the Olympic all-around event.  
**TODAY'S QUOTE:** "I hate (slavery) because it deprives our republican example of

its just influence in the world -- enables the enemies of free institutions, with plausibility, to taunt us as hypocrites ..." -- Abraham Lincoln, first Lincoln-Douglas debate  
**TODAY'S FACT:** A 27-minute audio glitch marred the first televised debate of the 1976 presidential election.  
**TODAY'S MOON:** Between first quarter (Aug. 20) and full moon (Aug. 28).



ASTROGRAPH  
By Bernice Bede Osol



**Wednesday, Aug. 22, 2007**  
In the year ahead, you could widen your circle of friends considerably and establish several close relationships. You'll have much in common with these individuals, and you'll appreciate their warmth and sensitivity.

**LEO (July 23-Aug. 22)** -- Don't hide your feelings under a bush, especially pertaining to someone you really like. You don't want to be all gushy, but simply warm and friendly. This person will respond to congeniality.  
**VIRGO (Aug. 23-Sept. 22)** -- Instead of simply dismissing them as mere conjecture, give situations that could improve your working conditions the attention and respect they deserve.

Good results could come of it.  
**LIBRA (Sept. 23-Oct. 23)** -- Impressive results are possible in situations where you have something you want to promote. Share your ideas with those who can help make them feasible, and you'll succeed.  
**SCORPIO (Oct. 24-Nov. 22)** -- Your imagination, flair and resourcefulness concerning financial matters are exceptionally keen. The right kind of challenge will be all that it takes to trigger them into action.  
**SAGITTARIUS (Nov. 23-Dec. 21)** -- You could be both dynamic and mysterious, which your friends will find extremely magnetic and fascinating. It won't be

a ploy; you'll do so by just being your natural self.  
**CAPRICORN (Dec. 22-Jan. 19)** -- Friends will respond to your appeals for assistance if you play to their emotions -- as long as what you have to say isn't phony. Be true to yourself and them, and they will want to help.  
**AQUARIUS (Jan. 20-Feb. 19)** -- Today may offer an opportunity for you to get to know someone better, someone you had felt indifferently about. What you see in this person will make you want to become friends with him or her.  
**PISCES (Feb. 20-March 20)** -- When put to the test of looking beyond only what a person can give, you could be pleasant-

ly surprised by the kindred feelings you'll find. This might happen at work.  
**ARIES (March 21-April 19)** -- Don't discount what your friends have to say concerning matters of a social nature that affect how you feel about certain people. They might have insights you haven't considered.  
**TAURUS (April 20-May 20)** -- Your greatest asset is your ability to think compassionately on ways and means to handle your dealings with others, even those of a business nature. It gives you an edge over others.  
**GEMINI (May 21-June 20)** -- When involved in putting together something

with others that is of mutual interest, keep an open mind and be willing to adjust your thinking. You may be surprised by what they can contribute.  
**CANCER (June 21-July 22)** -- Don't rush trying to talk to the boss about something involving your work. Wait until the appropriate moment when you'll find him or her in a good mood and willing to give compromise.  
*Leo, treat yourself to a birthday gift. Send for your Astro-Graph year-ahead predictions by mailing \$2 to Astro-Graph, c/o this newspaper, P.O. Box 167, Wickliffe, OH 44092-0167. Be sure to state your zodiac sign.*

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The Ukiah  
DAILY JOURNAL  
468-3500







601-07

8-7,14,21/07

**NOTICE OF TRUSTEE'S SALE**

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED August 6, 1993. UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AND EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

On **August 29, 2007**, at the hour of **10:00 a.m.**, at the main entrance to the Mendocino County Courthouse, located at 100 North State Street, City of Ukiah, County of Mendocino, State of California, PRIME PACIFIC, a corporation, as Trustee will sell at public auction, to the highest bidder for cash in lawful money of the United States, all payable at the time of sale, real property situated in the County of Mendocino, State of California, commonly known as 2500 Black Bart Trail, Redwood Valley, California (APN: 166-110-30 and 166-110-37). and is more particularly described in Exhibit "A" attached hereto.

If a street address or common designation or property is shown in this notice, no warranty is given as to its completeness or correctness. The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein.

The total amount of the unpaid obligation, together with reasonable estimate of the costs, expenses and advances at the time of the initial publication of this notice is \$64,741.91. It is possible that at the time of sale the opening bid may be less than the total indebtedness due.

The sale will be made without covenant or warranty regarding title, possession, or encumbrances to satisfy the obligation secured by and pursuant to the power of the sale conferred in that certain Deed of Trust executed by ASHOK KUMAR MISRI, and unmarried man, as Trustor, to REDWOOD EMPIRE TITLE COMPANY OF MENDOCINO COUNTY, a California corporation, as Trustee, for the benefit and security of RICHARD E. BIELEBERG and RUTH B. BIELEBERG, husband and wife as Joint Tenants, as Beneficiary, dated August 6, 1993, and recorded September 9, 1993, in Book 2112, at Page 497, Official Records of Mendocino County, and said property will be sold "as is" and no warranty or representation is made concerning its present condition.

PRIME PACIFIC was substituted as trustee under that certain document recorded February 25, 2003, in Document No. 2003-04881, Official Records of Mendocino County.

The address and telephone number of the trustee is: PRIME PACIFIC, Post Office Box 177, 445 North State Street, Ukiah, California 95482; Telephone: (707) 468-5300.

Notice of Default and election to sell the described real property under the mentioned deed of trust was recorded on April 27, 2007, in Document No. 2007-07985, Official Records of Mendocino County.

The name, address, and telephone number of the Beneficiary (or Beneficiary's agent) at whose request this sale is to be conducted is: Ruth Bielenberg, 430 River Bend Road, Roseburg, Oregon 97470, telephone: (541) 957-0381.

Dated: August 2, 2007

PRIME PACIFIC, INC.

/s/Mary F. Morris, President-Trustee

MARY F. MORRIS

No. M-07-39F

Tract One:

Parcel #2 as set forth on that certain parcel map minor division #106-72, recorded September 28, 1972 in Map Case 2, Drawer 19, Page 2, Mendocino County Records.

APN: 166-110-30

Tract Two:

A triangular parcel of land commencing at the southwest corner of parcel two (2) as delineated on that certain parcel map filed for record on September 28, 1972 in Map Case 2, Drawer 19, Page 2 in the Office of the Recorder of Mendocino County, California, thence easterly along the southerly boundary of said parcel two (2) and parcel three (3), a distance of 951.38 feet more or less to the northwest corner of the lands of Saegert and the northeast corner of the land of Guntly as indicated on said map, thence southerly from said point and along the boundary between Saegert and Guntly a distance of sixty (60) feet, thence westerly a distance of 952 feet more or less to the point of commencement. Excepting therefrom that portion thereof conveyed in the deed to Fred M. Austin, recorded July 21, 1978 in Book 1160 Official Records, Page 216, Mendocino County Records.

APN: 166-110-37

602-07

8-5,8,12,16,21,24/07

**PUBLIC NOTICE REGARDING A MENDOCINO COUNTY BOARD OF EDUCATION VACANCY**

The Mendocino County Office of Education and the Mendocino County Board of Education are seeking applications to fill a vacancy created by the resignation of Madelin Holtkamp.

Madelin Holtkamp was the representative to the County Board from Trustee Area #2. This area is comprised of the territory with boundaries of the City of Ukiah.

Applications for appointment will be accepted through August 27, 2007 and a recommendation is expected to be made at the September 10, 2007 meeting. The appointment is to a term which will expire December 4, 2009.

Eligible candidates are those who are all of the following:

- (1) at least 18 years of age
- (2) a registered voter in said territory
- (3) not an employee of the Mendocino County Office of Education, or a school district within the jurisdiction of the Mendocino County Superintendent of Schools.

Interested parties should contact Katie Pearson (707) 467-5033, 2240 Old River Road, Ukiah, Ca 95482.

633-07

8-21,28,9-4/07

Trustee Sale No. 07-538 Loan No. 0086555869 Title Order No. 1400822 APN 107-210-09 TRA No. NOTICE OF TRUSTEE'S SALE YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 4/14/2005, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDINGS AGAINST YOU, YOU SHOULD CONTACT A LAWYER. On 9/11/2007 at 10:00AM, Marin Conveyancing Corporation, a California Corporation as the duly appointed trustee under and pursuant to Deed of Trust Recorded on 04/25/2005 as Instrument No. 2005-08740 of Official Records in the Office of the Recorder of Mendocino County, California, executed by: Eric W. Liddell, a single man, as Trustor, "mers" Mortgage Electronic Registration Systems, INC. (MIN# 100013800865558692), acting solely as a nominee for Greenpoint Mortgage Funding, INC, as Beneficiary, WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (payable at time of sale in lawful money of the United States, by cash, a cashier's check drawn by a state or national bank, a check drawn by a state or federal credit union, or a check drawn by a state or federal savings and loan association, savings association, or savings bank specified in section 5102 of the Financial Code and authorized to do business in this state). at: At the main entrance to the Mendocino County Courthouse, 100 North State Street, Ukiah CA, all right, title and interest conveyed to and now held by it under said Deed of Trust in the property situated in said County, California describing the land therein: As more fully described in said Deed of Trust The property heretofore described is being sold "as is". The street address and other common designation, if any, of the real property described above is purported to be: 14003 Tomki Road, Redwood Valley, CA 95470. The undersigned Trustee disclaims any liability for any incorrectness of the street address and other common designation, if any, shown herein. Said sale will be made, but without covenant or warranty, expressed or implied, regarding title, possession, or encumbrances to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest thereon, as provided in said note(s), advances, if any, under the terms of the Deed of Trust, estimated fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust, to-wit: \$497,761.98 (Estimated) Accrued interest and additional advances, if any, will increase this figure prior to sale. The beneficiary under said Deed of Trust heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and a written Notice of Default and Election to Sell. The undersigned caused and Notice of Default and Election to Sell to be recorded in the County where the real property is located and more than three months have elapsed since such recordation. "CHECKS NOT PAYABLE TO MARIN CONVEYANCING CORPORATION MUST BE EXCHANGED WITH THE AUCTIONEER WITHIN ONE BUSINESS DAY." Dated: 8/13/2007 Marin Conveyancing Corp ATTN: Trustee Dept 981 Airway Court, Suite-E Santa Rosa, CA 95403 (800) 930-7455 / (707) 521-2087 Automated Sale Number (714) 573-1965 www.priorityposting.com Roberta Thomas, Authorized Agent Marin Conveyancing Corporation, is a Debt Collector attempting to collect a debt. Any information obtained will be used for that purpose. P312033 8/21, 8/28, 09/04/2007.

650-07

8-21/07

**SUMMARY OF ADOPTED ORDINANCE NO. 4188**

AN ORDINANCE CHANGING THE ZONING OF REAL PROPERTY [UTF-8?][WITHIN MENDOCINO COUNTY a " R 5-2006; A.J.P.J., LLC (OWNER) Passed and adopted by the Board of Supervisors of the County of Mendocino, State of California, on this 26th day of June, 2007, by the following vote:

AYES: Supervisors Delbar, Wattenburger, Pinches, Colfax, and Smith

NOES: None

ABSENT: None

A complete copy of each exhibit is on file with the Clerk of the Board of Supervisors and is available for inspection and copying as a public record pursuant to the California Public Records Act, Chapter 3.5 (commencing with Section 6250) of Division 7 of Title 1 of the Government Code.

KRISTI FURMAN

Clerk of the Board

648-07

8-21/07

**SUMMARY OF ADOPTED ORDINANCE NO. 4190**

AN ORDINANCE CHANGING THE ZONING OF REAL PROPERTY WITHIN [UTF-8?][MENDOCINO COUNTY R 11-06; VANVRANKEN/LARSON (OWNER)

Passed and adopted by the Board of Supervisors of the County of Mendocino, State of California, on this 17th day of July, 2007, by the following vote:

AYES: Supervisors Delbar, Pinches, and Smith

NOES: Supervisor Colfax

ABSENT: Supervisor Wattenburger

A complete copy of each exhibit is on file with the Clerk of the Board of Supervisors and is available for inspection and copying as a public record pursuant to the California Public Records Act, Chapter 3.5 (commencing with Section 6250) of Division 7 of Title 1 of the Government Code.

KRISTI FURMAN

Clerk of the Board

627-07

8-16,21,23,28,30/07

**NOTICE TO BIDDERS**

NOTICE IS HEREBY GIVEN that sealed bids will be received by the City Engineer of the City of Willits, County of Mendocino, State of California, until the hour of 2:30 p.m., on the 5 day of September, 2007 at which time they will be publicly opened and read aloud in the conference room of the City of Willits, 111 East Commercial Street., Willits, California, for:

CITY OF WILLITS  
Willits Kids Club Building Project  
Project 2007-05

Plans, Specifications and proposal forms for bidding this project can be obtained at City of Willits Engineering Department, 380 East Commercial Street, Willits, California, 95490 only. A non-refundable payment of one hundred dollars (\$100) for each set is required. Plans and specifications are available for review at the following Builders Exchange offices:

North Coast Builders Exchange  
1030 Apollo Way  
P.O. Box 8070  
Santa Rosa, CA 95407  
(707) 542-9502  
McGraw-Hill Construction  
130 Doolittle Dr. # 1  
San Leandro, CA 94577  
(800)400-7212

Reed Construction Data  
30 Technology Parkway South Ste., 500  
Norcross, GA 30042  
(877) 255-0353

Humboldt Builders Exchange  
2355 Myrtle Avenue  
Eureka, CA 95501  
(707) 442-3708

Solano-Napa Builders Exchange  
135 Camino Dorado  
P.O. Box 2400  
Napa, CA 94558  
(707) 255-2515

Sacramento Builder's Exchange  
1331 "T" Street  
(P.O. Box 1462)  
Sacramento, CA 95811  
(916) 442-8991

Shasta Builder's Exchange  
2990 Innsbruck Dr.  
Redding, CA 96003  
530-221-5556

The work includes furnishing all plant, materials, equipment, labor, transportation, light, power, water and services required to erect the building and accomplish all the property improvements shown on the Plans, specified, implied or required to attain the completed conditions contemplated in the design, by the Architect, and requires school safety coordination with Blosser Lane Elementary School. In accordance with California Public Contract Code Section 3400, bidders may propose equals of products listed in the technical specifications or project plans by manufacturer name, brand or model number, unless the technical specifications or plans specify that the product is necessary to match others in use. Complete information for products proposed as equals must be submitted to the City Clerk's Office for review at least seven (7) working days before the time specified for bid opening in accordance with the bidders instructions contained in the bid package. In accordance with California Public Contract Code Section 20170, all bids must be presented under sealed cover and include one of the following forms of bidder's security: cash, cashier's check made payable to the City, certified check made payable to the City, or a bidder's bond.

The amount of bidder's security provided must equal at least ten (10) percent of the total of the bid price for the base bid and the additive or deductive items listed in this notice. The successful bidder must submit to the City complete, executed copies of all required documents within eight (8) working days of receiving written notice of award of the project. Bidder's security of any successful bidder that fails to do so will be forfeited to the City. Such required documents include, but are not limited to, a payment or labor and materials bond in an amount of at least 100 percent of the amount payable by the terms of the project contract and that satisfies the requirements of California Civil Code Section 3248, and a performance bond in an amount of at least 100 percent of the amount payable by the terms of the contract. All project bonds must be executed by an admitted surety insurer in accordance with applicable law and acceptable to the City.

Pursuant to the provisions of Section 1770 et seq. of the Labor Code of California, the Director of Industrial Relations for the State of California has ascertained the current general prevailing rate of wages for employer purposes, in Mendocino County, State of California. Not less than the general prevailing rate of per diem wages for work of a similar character in Mendocino County and not less than the general prevailing rate of per diem wages for holiday work fixed as provided in the California Labor Code shall be paid to all workers engaged in performing the project.

In accordance with the California Government Code Section 1773.2, copies of the applicable determinations of the Director are on file in the City of Willits, City Clerk's Office and may be reviewed upon request. A mandatory Pre-bid meeting is scheduled for this project on August 21, 2007 at 10:00AM.

In accordance with California Public Contract Code Section 3300, a valid class A California contractor's license is required to bid on the project.

In accordance with California Public Contract Code Section 22300, except where prohibited by federal regulations or policies, the successful bidder may, on request and at its expense,

substitute securities in lieu of amounts withheld by the City from progress payments to ensure performance under the contract in accordance with the contract documents. The City of Willits reserves the right to postpone the date and time for the opening of proposals at any time prior to the date and time announced in the advertisement in accordance with applicable law. The City of Willits reserves the right to reject any and all bids or to waive any defects or irregularity in bidding in accordance with applicable law. In accordance with California Public Contract Code Section 20103.8, if the City elects to award a contract for performance of the project, the contract will be awarded in accordance with California Public Contract Code Section 20162 and other applicable law to the responsible bidder submitting a responsive bid with the lowest total bid price for the base bid without consideration of the bid price for any additive or deductive items. All bids will remain valid for 90 days after the bid opening. Except as permitted by law and subject to all applicable remedies, including forfeiture of bidder's security, bidders may not withdraw their bid during the 90 day period after the bid opening.

**PUBLIC NOTICE**

585-07

7-31,8-7,14,21/07

**FICTITIOUS BUSINESS NAME STATEMENT**

File No.: 2007-F0522

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

KOOL HAND RANCH & FARM CONSULTING

13355 Eel River Rd.  
Potter Valley, CA 95469

Lucas Michael Davis

13355 Eel River Rd.  
Potter Valley, CA 95469

This business is conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on **August 15, 2007**. Endorsed-Filed on **July 30, 2007** at the Mendocino County Clerks Office.  
/s/Lucas Michael Davis  
LUCAS MICHAEL DAVIS

621-07

8-14,21,28,9-4/07

**FICTITIOUS BUSINESS NAME STATEMENT**

File No.: 2007-F0546

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

UKIAH CELLARS

501 Parducci Rd.  
Ukiah, CA 95482

Mendocino Wine Group, LLC.

501 Parducci Rd.  
Ukiah, CA 95482

This business is conducted by a Limited Liability Company. The registrants commenced to transact business under the fictitious business name or names listed above on **Aug. 7th, 2007**. Endorsed-Filed on **Aug. 7th, 2007** at the Mendocino County Clerks Office.  
/s/Timothy L. Thornhill  
TIMOTHY THORNHILL C.O.O.

620-07

8-14,21,28,9-4/07

**FICTITIOUS BUSINESS NAME STATEMENT**

File No.: 2007-F0541

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

SOMMERSVILLE CELLARS: ALBION, ELK VINEYARDS, CAMERON

HUGHES WINE

501 Parducci Rd.  
Ukiah, CA 95482

Mendocino Wine Group, LLC.

501 Parducci Rd.  
Ukiah, CA 95482  
This business is conducted by a Limited Liability Company. The registrants commenced to transact business under the fictitious business name or names listed above on **Aug. 3rd, 2007**. Endorsed-Filed on **Aug. 3rd, 2007** at the Mendocino County Clerks Office.  
/s/Timothy L. Thornhill  
TIMOTHY THORNHILL C.O.O.

652-07

8-21,28,9-4,11/07

**FICTITIOUS BUSINESS NAME STATEMENT**

File No.: 2007-F0571

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

BONITA FASHION

1214 Airport Park  
Blvd, Suite E  
Ukiah, CA 95482

Gerardo Cervantes

137 Meadowbrook  
Dr. Apt A  
Ukiah, CA 95482

This business is conducted by an individual. The registrant commenced to transact business under the fictitious business name or names listed above on **8-17-07**. Endorsed-Filed on **08/17/2007** at the Mendocino County Clerks Office.  
/s/Gerardo Cervantes  
GERARDO CERVANTES

10

**NOTICES**

Exchange Students seeking families.

Open your heart, open your home. Volunteer host families needed. Promote world peace! 1-866-go-AFICE or www.afice.org

**FIND WHAT YOU NEED IN THE CLASSES OFFERED!**

**PUBLIC NOTICE**

653-07

8-21,28,9-4,11/07

**FICTITIOUS BUSINESS NAME STATEMENT**

File No.: 2007-F0572

THE FOLLOWING PERSON(S) IS (ARE) DOING BUSINESS AS:

CENTURION GROUP

570 Tehuacan  
Ukiah, CA 95482

Centurion Consulting Group, LLC.

570 Tehuacan  
Ukiah, CA 95482

This business is conducted by a Limited Liability Company. The registrants commenced to transact business under the fictitious business name or names listed above on **Aug. 20, 2007**. Endorsed-Filed on **Aug. 20, 2007** at the Mendocino County Clerks Office.  
/s/Jeffrey W. Kram  
JEFFREY W. KRAM  
Vice President

**Climbing The Mountain... Together**

**Alzheimer's Caregiver Benefit Grace Hudson Museum Sat. Sept. 8 2-6 pm Tickets \$25**

Several dynamite local artists will perform. Sponsored by: Thrivent Financial for Lutherans & Soroptimist International of Yokayo Sunrise.

**Tickets:** Mendocino Book Co., Ukiah Chamber of Commerce Ukiah, and Leaves Of Grass, Willits or any Committee Member or Carole Hester @ 707-463-1231. **Fantastic silent auction items available!**

**Invitation to Bid**

The Coyote Valley Tribal Council, as Owner, is soliciting bids for the drilling of a 8 inch diameter, 250 feet deep, water well on Tribal property located in Mendocino County California. Interested bidders may review and/or obtain a copy of the specifications and drawings for this project by calling Mary Weber at 707-462-0457 or 707-462-5314 ext. 104 or 105 by visiting.

Indian Health Services

Ukiah Field Office  
609 S. State Street,  
Suite A

Ukiah, CA 95482

Sealed bids should be sent to the owner at:

Coyote Valley Tribal Council  
ATTN:  
Deanna McCarty,  
Tribal Administrator  
7751 N. State Street  
PO Box 39  
Redwood Valley, CA 9547

Bids will be accepted by the Tribal Council until 2:00 PM on Friday, September 7th, 2007.

Bids received after that time will not be accepted. They will be opened in public and read aloud at the Administrative Offices of the Coyote Valley Tribe shortly after the specified closing time.

**30 LOST & FOUND**

About 8/13 I was walking down E. School Way in Redwood Valley. I thought I might register for school when someone picked me right up. I lived at their house for a week and now I am at the Ukiah Shelter. I am mostly black and perhaps a Chihuahua mix. My tail curls up. I am at 298 Plant Rd. If my people do not find me I will be available for adoption on 8/25. Or call Sage at 467-6453

**30 LOST & FOUND**

**Would you like to work in a legal environment?** At Mendocino College learn Microsoft Word, Business English, writing, & other office skills; then add 9 units of legal classes to prepare for a good job! **Call 468-3101 to register.**

**120 HELP WANTED**

**CLASS A TRUCK DRIVER**  
Fax 468-5547

CNA  
Day shift available.  
Apply in person  
1162 S. Dora. St.

605-07

8-7,14,21,28/07

**ORDER TO SHOW CAUSE FOR CHANGE OF NAME**

Case No. SCUk CVPT-07-99069

**SUPERIOR COURT OF CALIFORNIA, COUNTY OF MENDOCINO**, Court House, Ukiah, Ca 95482

IN THE MATTER OF THE APPLICATION OF: **Graciela Delgado**

THE COURT FINDS that Petitioner(s) **Graciela Delgado** has/have filed a Petition for Change of Applicant(s)' name FROM **Graciela Delgado, Gracia Delgado**

TO **Gracie Delgado**

THE COURT ORDERS All people interested in this matter appear before this court to show cause why this application for change of name should not be granted on:

HEARING DATE: **August 14, 2007 at 9:30 a.m. in Dept E**, located at **Court House, 100 N. State Street, Ukiah, California 95482**

Dated: **August 1, 2007**  
/s/ Conrad L. Cox  
CONRAD L. COX

Judge of the Superior Court

**649-07**

**8-21/07**

**SUMMARY OF ADOPTED ORDINANCE NO. 4189**

AN ORDINANCE CHANGING THE ZONING OF



**120** **HELP WANTED**

**Banking Member Service Representative (Teller)**  
Mendo Lake Credit Union is now accepting applications for our Ukiah Branch for a F/T MSR. Experience & Bilingual a+. Must be highly motivated, a team player, have good organizational, verbal & written skills. We offer competitive salary, excellent benefits, a fun working environment, business casual & **NO Saturdays.** Send or email ([jeniferw@mlcu.org](mailto:jeniferw@mlcu.org)) resume to Mendo Lake Credit Union PO Box 1410, Ukiah, CA 95482 Fax 707-468-0350

**Beautician**  
Flexible Hrs. Loves to work w/ Seniors. Valley View 1162 S. Dora **462-1436**

**BILINGUAL CASE MANAGER** DUI/DDP program. 25hrs/wk min. Ukiah location. 459-9431

**Bilingual Staff Secretary**  
Entry-level support position in Child Development Dept. Read, write & speak Spanish. HS grad or GED, 2 yrs clerical or secretarial exp. 45 wpm keyboarding **\$12.74-\$16.26/hr** **Mendocino County Office of Education** Visit [www.mcoe.us/jobs](http://www.mcoe.us/jobs) 467-5012 or [hr@mcoe.us](mailto:hr@mcoe.us) **DEADLINE: 8/23/07**

**BOOKKEEPER**  
P/T w/busy real estate office. Quick-books exp. nec. Payroll, AR & AP. Knowledge of office equipment & procedures a+. Hourly wage based on exp. Send reply to box 03092, c/o Ukiah Daily Journal, P.O. Box 749, Ukiah, CA 95482-0749.

**BUS DRIVER**  
Do something good for yourself & your community. Join the professional team at Mendocino Transit Authority as a F/T driver. You must have a valid driver's license, a clean driving record, possess excellent customer service skills & a solid work ethic. Must be able to communicate effectively both orally & in writing in English. Work will be in Ukiah/Willits/Laytonville/RdwdVly driving buss & cab. This position is guaranteed 32 hours per week. Pay range - \$11.48 to \$15.64/hr. Paid training program & excellent benefits. Apply at MTA, 241 Plant Road, Ukiah. This position will remain open until filled. EOE

**Busy CPA office** needs PT Admin/Bookkeeper. Flex. hrs. QB & Excel a plus. Opportunity to enhance your skills. Need responsible person. Fax resume & salary requirements 707-462-0287

**CASE COORDINATOR**  
Supported Living Program work with adults with developmental disabilities who live independently 2 yrs. college & relevant exp. req'd. F/T exc. benefits. Resume & cover letter to 301 S. State St., Ukiah, 463-8725 EOE

**JOURNEYMAN MECHANIC**  
Wages neg. Start immed. Must have clean DMV. 462-0262

**PARTS RETAIL SALES PERSON**  
Must have knowledge of retail, and motorcycle knowledge. Please see Cathy in parts department.  
*Must apply in person!*

**MOTOSPORTS OF UKIAH**

**120** **HELP WANTED**

**Come Work With Our Team with developmentally disabled adults.** F/T, P/T in home setting. Pick up application 1000 Sanford Ranch Rd. Ukiah or call 468-9331

**Counter Top Fabricator.** 5 yrs. + exp. nec. General & specific shop knowledge a must. Future partnership possibility. 467-3969

**Coyote Valley Band of Pomo Indians is looking for qualified individual to fill the following position:**  
**TRIBAL ADMINISTRATOR**  
Responsible for the overall administration of tribal operations. Coordinates all tribal service programs and assures implementation of program objectives; supervises and provides direction to tribal personnel; prepares and submits program reports to funding agencies, Tribal Council and General Council; analyzes budgets, time frames, methods and procedures for completing goals and objectives & makes recommendations for administrative improvements. RESUMES WILL BE ACCEPTED THROUGH FRIDAY, AUGUST 24, 2007 Coyote Valley Tribal Office 7751 N. State Street Redwood Valley FAX 806-209-5808 or EMAIL [JohnFeliz21@aol.com](mailto:JohnFeliz21@aol.com)

**CPA**, with 3 yrs exp in 638 funding. Must have knowledge of grant funding. Salary negotiable. Fax resumes to SVR 707-459-6936 attention HR. or email to [svrhaes@sbcglobal.net](mailto:svrhaes@sbcglobal.net) for more info call 459-9690 x112.



**Current Openings**  
• A/R Specialist  
• Plastic Processor IV  
• Gen'l Prod (Temp)  
Competitive comp & benefits. Applications accepted online at [www.wabtec.com](http://www.wabtec.com) Location: USA, CA, Willits; or by mail or in person at 452 E Hill Rd, Willits, CA 95490.  
An AA/EEO Employer

**DIESEL MECHANIC**  
5 yrs. exp. Good pay. + benefits. Clean DMV. 462-9318.

**DME Biller**  
Salary DOE Blue Drug Please Call 468-5220

**DRIVER-SK SIGN-ON** Bonus for Experienced Teams: Dry Van & Temp control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE

**DRIVER-CDL** Training: \$0 down, financing by Central Refrigerated. Drive for Central, earn up to \$40K+ 1st year! 1-800-587-0029 x4779. [www.CentralDrivingJobs.net](http://www.CentralDrivingJobs.net)

**Driver:**  
Don't just start your career, start it right. Company sponsored CDL training in 3 weeks. Must be 21. Have CDL? Tuition Reimbursement! [wgreen@crst.com](mailto:wgreen@crst.com) 1-800-781-2778.

**DRIVER:** The respect that you deserve... Get it at Swift! Swift offers excellent miles, compensation, regional and dedicated runs. No experience necessary! Training available. 1-866-476-6828. [www.SwiftTruckingJobs.com](http://www.SwiftTruckingJobs.com) EOE

**120** **HELP WANTED**

**DRIVERS- CALL TO-DAY!** Great Bonus Opportunity! 36 to 43cpm/\$1.20pm. \$0 Lease New Trucks. CDI-A +3 months OTR. 1-800-635-8669

**ELECTRICAL AP-RENTICESHIPS.** Openings in all aspects of electrical work. Paid training, benefits, and advancement opportunities. High school grads, ages 17-34. Paid relocation expenses. Call 1-800-345-6289



**ELECTRICIAN APPRENTICE Mendocino Forest Products Company, LLC.** has an opportunity for a full-time Electrician Apprentice. Ideal candidates will have a desire to become a journeyman electrician, have taken mechanical, electrical &/or welding classes as well as college level PLC, instrumentation & electrical classes. Basic Algebra & Geometry skills are required & basic computer knowledge is preferred. We offer excellent compensation & benefits. Contact Wendy at (707)485-6749 for an application or visit our website at [www.mfp.com](http://www.mfp.com) for more information. EEO/ADA

**ER Energy** is looking for a self motivated person to do in store sales & customer service. Phone and computer skills a must. PT to start, possible working into FT position.

**Apply in person at 3301 N. State St. Ukiah. 462-2874**  
**Contact Dan Gamble**

**F/T Back Office Pos.** for busy medical office. Mail resume to 246 Hospital Dr. Ukiah

**Family & Child Unification Advocacy Specialist**  
Central Office, Nice, CA. Native American Cash Assistance Program. F/T w/Benefits. \$45K. Closing 8/31/07. Get Application & Job Description at [www.ctfp.net](http://www.ctfp.net). Questions/Information: Call 707-262-4404. Fax Resume & Application to 707-274-4233. Indian Hiring Preference Applies.

**Full-Time LVN Tired of high case loads?** Provide support to 6 adults with Devel. Disabilities in their home and supervise staff. Office 485-5168 Cell 489-0022

**General Office Assistant- Swing Shift** Hectic office needs a team player, dependable and pleasant with the public. Skills required include typing, filing, and 10 key by touch. Duties to include processing huge volumes of mail, scanning, filing and sample control. Lots of standing, stooping, and lifting (up to 50#). Good Pay and benefits to the right person. Apply in person (no phone calls). Alpha Analytical Laboratories, 208 Mason St., Ukiah. Or email [sspeaks@alpha-labs.com](mailto:sspeaks@alpha-labs.com)

**HOUSEKEEPER**  
Good hours M- F 7am - 1:45 pm. Apply in person 1199 S. Dora St. Ukiah

**Incognito is hiring Lead Retail Clerk**  
Costume Tech. 30-35 hrs. wk. 2yrs. exp. req. \$9.75. Submit resume 202 S. State St.

**INTERNATIONAL CULTURAL EXCHANGE** Representative: Earn supplemental income placing and supervising high school exchange students. Volunteer host families also needed. Promote world peace! 1-866-GO-AFICE or [www.afice.org](http://www.afice.org)

**120** **HELP WANTED**

**Join Our Professional Driving Team**  
A local petroleum distributor is currently seeking qualified **Class A Drivers** Applicants will need to have full endorsements, clean DMV, current medical card. Positions are F/T, year-round. Earning potential of \$60,000+ annually. Bonus program, health benefits, 401(k) holiday, vacation pay. **Please apply in person at 2401 N. State St. Ukiah 707-462-8811**

**Journeyman Level Auto Mechanic**  
Call Mike at 462-6920

**Looking for a NEW Career?** Live where you work? Assistant Management TEAM wanted for Lrg. Apt. Community. TEAM will share FREE 2-bed Apt. Salary, Pd. Vacation, Health ins. available. Full-time maintenance person must be motivated and have skills in basic maintenance repairs. Part-time office help/cleaner must be reliable and able to multi-task. Email resume or letter of interest to [apt\\_mgrs@sbcglobal.net](mailto:apt_mgrs@sbcglobal.net) or fax (707)467-1116. EOE

**MACHINIST** Napa Auto parts store in Vacaville is looking for a machinist to operate an up-to-date shop. Head work & engine rebuilding. Call Dan 707-447-3884 or email [ev.viking@yahoo.com](mailto:ev.viking@yahoo.com)

**Mendocino County Human and Health Services Agency Social Services Branch**  
Currently recruiting for:  
●Account Clerk III Ukiah Only  
●Office Assistant Supervisor I Ukiah Only  
For further info go to: [www.mss.ca.gov](http://www.mss.ca.gov) to: "Career Opportunities" Or call the Jobline: 707-467-5866. Closes 8/31/07

**Metal Analyst**  
Fast paced environmental laboratory. BA/BS in Chemistry and experience in AA, GF, ICPMS and other related experience preferred. 401 K plan, good salary, long established business. No phone calls. Respond with resume to 208 Mason St.

**MOUNTAIN VIEW ASSISTED LIVING (senior housing) NOW HIRING CAREGIVERS MED PASSERS BEAUTICIAN COOK P/T ALL SHIFTS**  
Drug test & background check required. Wage DOE Apply at 1343 S. Dora St. Ukiah

**NCO Clerical Supervisor - Ukiah**  
Oversees PR & AP functions in Acctg Dept. Payroll exp a must. Req AA in Acctg or 2 yrs acctg exp. Min 1 yr supv acctg. ADP exp pref. FT \$17.14-17.99/hr DOQ + bene. Must submit NCO app: (800) 606-5550 x 331. Closes 5 PM 8/27/07 (postmark not accepted). EOE.

**NEW EXCITING POSITION WORKING WITH KIDS 6 wks pd vacation 403 B.** Small home-like environment, good pay & bens. Starting sal \$11.76+ hr. On the job training prog. Flex. F/T, P/T pos. avail. Fax resume to 463-6957

**OFFICE ASSISTANT**  
FT Order entry, phones, shipping 2yrs office exp. Salary DOE. Call 707-743-1122

P/T car wash attendant. Good starting pay. Apply in person. Serious inquiries only. **Pete's Power Wash 1404 S. State St. Ukiah**

**120** **HELP WANTED**

People to work with developmentally disabled adults one on one in their own home. All Shifts available. Call **Cindy 468-9331**

**PEST CONTROL TECH: BRANCHII EXPERIENCED** Top pay, benefits, 401K 1-800-244-1176

**PHARMACY CLERK/ TYPIST** in training. Computer, typing, MATH, people skills, P/T 9-1, or 4-8, or F/T. Sal. DOE, drug test. **BLUE DRUG DO NOT** come to pharmacy. Call 707-468-5220

**PHARMACY TECHNICIAN**  
Full or part time. **Willits Rexall Pharmacy**  
90 S. Main St. Willits. 459-6877 Fax 459-3299

**PLANNING COORDINATOR:** 20 hrs wk. Facilitate project planning for school, state preschool. Assist w/grant proposals/community meetings. Exp writing & community organizing pref. Computer literate, work some eves, wknds, reliable vehicle. Spanish speaking desirable. 1 yr commitment. fax resume: (707)468-1698, email: [BaileyT@rcs4kids.org](mailto:BaileyT@rcs4kids.org)

Potter Valley School **GROUNDSPERSON** Deadline 8/24 743-2101 Mary

**Pre-School Teacher** F/T, \$33,280-\$37,440 annually. D.O.E. For full job desc & app call 707-744-1647 ext. 1341 or email [hr@hoplandtribe.com](mailto:hr@hoplandtribe.com)

**Project/Office Manager needed.** County promotional group seeks a F/T project/office manager. Must be dependable, experienced, an excellent communicator, and well organized. Competitive pay w/benefits. Salary DOE. Some local travel. Start immediately. Contact Scott at [hr@gomendocino.com](mailto:hr@gomendocino.com) or 964-9010 to apply or for more info.

**Red Fox Casino NOW HIRING**  
● Auditor - P/T  
● Kitchen  
● Tech  
● Security,  
● Cashiers  
● 2 Floor Managers  
● Exp. promotions & marketing person.  
**Friendly attitude helpful. Willing to train. 984-6800 or come in for application. 200 Cahto Dr. Laytonville ●●●●●●●●●●**  
**Now offering employee insurance after 90 days.**

**Residential Care Manager** needed to work with adults with developmental disabilities. Must have experience in this field, valid DL, insurance, high school diploma. Background check and drug testing required EOE. Salary DOE. Apply at 401A Talmage Rd. Ukiah 462-2395 Facility # 236801959

**RESPONSIBLE, CARING, STRONG, ENTHUSIASTIC** person needed to care for 2 slightly disabled adults (1-60yr old, 1-24yr old) in their home. Day & night shifts, flexible days. Person who likes to play frisbee and/or run is a bonus. Michelle (206)437-0427

**RN/LVN, F/T Days and PM shifts.** Apply in person 1162 S. Dora. See Deana  
**Sales Rep/Clerk** Are you seeking an extra income? Would you like to set your own work schedule? Work the hours you choose. We have the answer. If you are interested contact Ralph via Email at: [rcrony\\_usa@hotmail.com](mailto:rcrony_usa@hotmail.com) for more information.

**120** **HELP WANTED**

**SALESPERSON (EXPERIENCED)**  
For growing dealership. Building new dealership location. Ask for JP 468-9215 or apply on line at [thurstonhonda.com](http://thurstonhonda.com)

**Sherwood Oaks Long Term Care Facility** is currently hiring for the following management and staff positions:  
-MDS/Resident Assessment Coordinator, RN  
-Director of Staff Development LVN or RN  
-RN/LVN charge nurses  
-Certified Nursing Assistants

Come join our great team on the coast! Call Kim Butler at (707) 964-6333 or pick up application at 130 Dana St., Fort Bragg CA  
**SPONSORED CDL TRAINING.** No Experience Needed! Earn \$40k-\$75k in your new career! Stevens Transport will sponsor the total cost of your CDL training! Excellent Benefits & 401K! No Money Down! No Credit Checks! EOE. Call Now! 1-800-333-8595, 1-800-358-9512. [www.BecomeADriver.com](http://www.BecomeADriver.com)

**State of the art school cafeteria** needs supervisor/cook. Salary dependent upon experience. Full-time, benefits, DOJ fingerprint clearance required, EOE. Apply at Upper Lake H.S., 675 Clover Valley Rd., Upper Lake, CA 95485 or on-line at ED-JOIN. Closes 8-31-07.

**TASTING ROOM** in Hopland PT sales needed. Ideally Thurs. & Sun.\$15/hr Fax resume to 707-744-8783

**TLC Child & Family Services** seeks 2 additional homes for Shelter Care program Applicants need to have at least 1 spare bdrm to house a child for up to 30 days. Guaranteed monthly allotment. Generous increase upon placement. Income tax-exempt. Exp. with children req. Parents will receive training, + Social Worker, in-home support & respite. Need 1 or 2-parent homes, with 1 parent home full time. Home with no more than 1 biological child considered. Retirees invited to apply. **Contact TLC 707-463-1100 Lic#236800809**

**TRINITY YOUTH SERVICES Child Care**  
Swing & graveyard shifts available. Starting \$9.40 per hr. On call \$9 per hr. Qualif. 21 years old, Med. & drug exam, T.B. test, criminal background check. Great benefit pkg. Apply **915 W. Church St. Ukiah 95482**

**TRUCK DRIVER**  
Needs class A lic. Tanker endorsement. Local haul. FT, year round, bene. 707-953-8374

**UVAH is looking for: Rehab Aide** (30+ hr per wk. position, M-F) **Janitorial/house-keeping Supervisor.** ( 3 mo. position possible F/T, M-F, 35+ hrs per wk., approx. 7:30 am 3:30pm).

**FT Skills Instructors FT Janitorial position** -M-F 8am-4:30 pm Excel. benefits: Medical, vision, dental, paid holidays, sick & vacation. Req. valid CDL, clean DMV, HS dip. or equiv., fingerprint clearance. **Apps/job description 990 S. Dora St. Ukiah Ca 95482-707-468-8824. Ask for Linda Sue**

**WHSE-FORKLIFT DRIVER-Day Shift**  
MFG Co. seeks Forklift Operator Certif. Req. Valid CDL Req., and clean DMV record. Good Safety Record. Must lift 50+ lbs. FT/Benefits. Apply & include salary: 26972 Asti Rd. Cloverdale, 95425 or Fax 707-894-3865. EOE

**NEWER 2 BEDROOM. DW/Garage+pool \$850 mo. 463-2325**

**120** **HELP WANTED**

**Vocational Technician-Work Ability \$13.39-\$17.09/hr** 15 hrs. week Work with youth with disabilities in grades 8-12. **Mendocino County Office of Education** Visit [www.mcoe.us/jobs](http://www.mcoe.us/jobs) 467-5012 or [hr@mcoe.us](mailto:hr@mcoe.us) **DEADLINE: 8/31/07**

**WINERY TASTING ROOM SALES**  
Friendly, outgoing personality with a passion for wine. Must be able to work all weekends, live within an hour commute of Anderson Valley, Mendocino Co. and have solid computer skills. Full time position with health, dental, paid vacation and profit sharing. Starting salary averages \$18/ hour. Send resume to Pat Hanks Navarro Vineyards, POB 47 Philo CA 95466, fax 707-895-9501 [navarroh@pacific.net](mailto:navarroh@pacific.net).

**Wireless Communication**  
Company seeking outside Sales Rep, selling B2B two-way radio, wireless broadband and many other wireless solutions in the Mendocino County area. High commission potential. 401K. Medical& Dental benefits. Training. Outside Sales experience preferred. E.O.E. Fax resume to 209-544-1970 or email [tomtsfinch@fisherwireless.com](mailto:tomtsfinch@fisherwireless.com)

**200 SERVICES OFFERED**  
Do you need any yard work done or rototilling? Free estimates, low rates. Call 485-0177 lv. msg.

**NEED YOUR HOME CLEANED?** We can do. Exp w/r ef's. Call Ann 707-462-2504

**ARE YOU BEHIND** On Your Mortgage? Stop foreclosure. Bad credit ok. We can help you! Call us today or visit [www.wamacexpress.com](http://www.wamacexpress.com) 1-866-575-730

**ERASE BAD CREDIT.** See dramatic change within 2 months. 100% Money Back Guarantee. Call 1-866-916-8449 ext. 882 for free consultation.

**AFFORDABLE FRANCHISE OPPORTUNITY:** Liberty Tax Service. Fastest Growing International Tax Service Ever. Liberty's on Entrepreneur's Low Cost and Top 500 lists. Call 916-508-8469. [www.LibertyTaxFranchise.com](http://www.LibertyTaxFranchise.com)

**250 BUSINESS RENTALS**  
**Dix. office - 2 rm ste.** Prvt ent. Grt. loc & shad prk. **272-8605**

**OFFICE SPACE**  
206 Mason St. available 462-6377  
**OFFICE SPACE.** 202 W. Perkins. \$350/mo. 272-7388

**300 APARTMENTS UNFURNISHED**  
\$900-Marlene St. TH, Lg. 2brl.5ba. A/C, pool, yd., playground 217-2764, 462-1546  
**1&2bd Apts. available on 351 N. Main** \$800/\$875/mo, no pets. **462-4759**  
**2BD/1BA** No Sec. 8, No/sp, quiet & clean. \$850 +dep. (707)391-5256  
**NEWER 2 BEDROOM. DW/Garage+pool \$850 mo. 463-2325**

**300** **APARTMENTS UNFURNISHED**

**APARTMENTS**  
**Studio**  
\$640-Great Location \$800 Redwood Vly. Secluded, clean.

**1 Bedroom**  
\$775-Westside, clean \$900-Brand new, must see

**2 Bedrooms**  
\$785-Upstairs,some utilities paid \$785-New carpet, some utilities paid shopping \$825-Quiet com plex, nice units.

All rents subject to discount for timely payment  
**Applications available at Beverly Sanders Realty**  
**320 N. State St. Ukiah, CA 95482 707-462-5189**

**Hopland-Very nice 1 bd. w/balcony. Cov. parking. \$795, \$300 clean. dep.744-1450**

**LEE KRAEMER PROPERTY MGMT**  
**Spacious 1bd1ba. \$750. POOL, LAUNDRY, CARPORTS** No Section 8. **463-2134**

**PARK PLACE**  
1 bd. \$750-\$775 2 bdr. \$850 TH \$950. Pool/garg. 462-5009

**SMALL STUDIO APT.** No pets, available now \$500/mo. 467-3637

**Spacious 2bd. Pool. H2O, trash pd. \$825. Also 1bd. \$700. Ht. AC Pd. N/P. 462-6075**

**Century 21 UKIAH**  
**MOVE IN SPECIAL** at 1416 S. State St. 3bd2ba. townhse.  
**140 Zinfandel 1bd1ba. \$660** Hud OK.  
**CENTURY 21 Les Ryan Realty** Property Management **468-0463**

**320 DUPLEXES**  
**3 bdrm 1.5 bth Townhouse.** Fire-place, W/D hu. gar. yd. \$1100/mo. \$1600 dep. **(707) 433-6688**

**330 HOMES FOR RENT**  
**1200 SQ.FT. KNOTTY PINE CABIN** on year round creek. 10 min from Ukiah. 1+bd w/loft & W/D hookup \$1200/mo +dep incl. util. 743-2673

**1bdrm.1ba. trailer.** N/S, N/P. \$600 + dep. No sect. 8. Avl. 9/1. 707-367-3428

**2Bd 2Ba on 20 ac.** vineyard in Rdwd Vly N/S/P/Drugs \$900/mo +\$1800 sec. 831-461-0634

**2BD, 1BA, gar, yd.** Pets neg. \$1000 incs water & sewer 695-1920 or 820-1334

**3 bd. 2 ba.**Beautiful country setting. N/S. \$1500/mo. 972-8111

**3bd.1 ba. N/S, N/P.** No sec. 8. \$1250+ dep. 707-367-3428

**3bd.2ba. 2 car gar.** No Smoking, drugs, pets. \$1500/mo. 462-7615

**3bd2ba. AC. Fen yd, gar., quiet, 615 Donner Ln. \$1495/mo. 945-0222 965-1935**

**Builder Closeout** \$15K above cost. Homes for sale. New homes in Vichy Springs Area. +/- 3000 sqft. Call now @ **707.480.5883.**

**Country Cottage Studio** w/loft. 5 mi. SW Ukiah. Dirt Rd. No smoking. **\$650mo 462-1896**

**ELDORADO Estate** 4bd/2.5ba, newly rmldd. \$2400 463-2867 or 367-5860

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**WestSide-2 Homes #1-Carriage House** Beautifully restored. Myriad upgrades. **#2-Upscale Beauty** Bdrm, suite/2 bth **Both: Quiet, Grges** Pristine & Spacious No Pts/Sm 468-9003

**370 WANTED TO RENT**  
**Hardworking, mature,** responsible, detail oriented gardener seeks separate dwelling in exchange for work/partial rent. 743-1959.

**400 NEW & USED EQUIPMENT**  
**MACHINE SHOP EQUIPMENT FOR SALE.** Two Eng. lathes, two Radial Drills, one Bridgeport Mill. Call 462-6743 or 274-7763

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**1ST TIME OFFERED** Arizona Show Low area. 6 acres- \$39,900. Cool climate, spectacular views of White Mountains, trees, horse privileges, nearby lakes, priced well below comparables offered by AZLR. ADWR report available.



760 LOTS & ACREAGE

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**COMMERCIAL LOT** Approx. .68 ac. flat S.W. Ukiah. In city limits. Elect. there. Deeded ease- ment for water & sewer. Great spot for a mini storage. By owner. 462-5667 Gary

**DRASTICALLY RE- DUCED!** 36 acres - \$89,900. Arizona - Wickenburg area. Get back to nature at Saddle. Ideal climate, spectacular views, wildlife, privacy, E-Z terms. ADWR report available. Saddle Creek Ranch id of- fered by AZLR 1-888-246-1914

**FISH LAKE VALLEY** NV. 10 ac Trout Stream \$59,900. Endless Recreational Opportunities. Spec- tacular views of East- ern slope of snow- capped White Moun- tains. Within looming presence of Neva- da's highest peak and range. Cool, clear year round Rainbow Trout Creek. Call today! Won't last! Call 1-877-349-0822.

**NEW TO MARKET.** 3-5 ac Ranch Home- sites, starting at \$39,900 outside Rui- doso, New Mexico. Located 30 minutes outside Ruidoso. Af- fordable living with no compromises. Stun- ning land, hard sur- faced roads, munici- pal water, adjacent to golf, convenient to all Ruidoso has, but more affordable, big- ger & prettier. Call NML&R, Inc. 1-888-417-2624

**SOUTHERN COLO- RADO** 5 Acre home- sites \$59,900. Grand Opening Sale Sep- tember 15th & 16th. Gated community, underground utilities, 1,100 acres of open space, spectacular mountain views. Great primary/second- ary home. Recrea- tion galore! Call to- day for appointment! 1-866-696-5263 X2560

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The Ukiah Daily Journal publishes home improvement and construction advertisements from companies and individuals who have been licensed by the State of California. We also publish advertisements from unlicensed companies and individuals.

All licensed contractors are required by State Law to list their license number in advertisements offering their services. The law also states contractors performing work of improvements totaling \$500 or more must be licensed by the State of California.

Advertisements appearing in these columns without a licensed number indicate that the contractor or individuals are not licensed by the State of California. Further information can be obtained by contacting the Contractors State License Board.

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3-DAY FORECAST

TODAY

99

Areas of low clouds and fog, then sunshine

TONIGHT

58

Areas of low clouds and fog forming

WEDNESDAY

98

56

Areas of low clouds and fog, then sun; breezy



THURSDAY

95

55

Low clouds giving way to sunshine





SUN AND MOON



Sunrise today ..... 6:31 a.m.  
Sunset tonight ..... 8:00 p.m.  
Moonrise today ..... 3:16 p.m.  
Moonset today ..... none

MOON PHASES

Full   Last   New   First



Aug. 28   Sept. 3   Sept. 11   Sept. 19

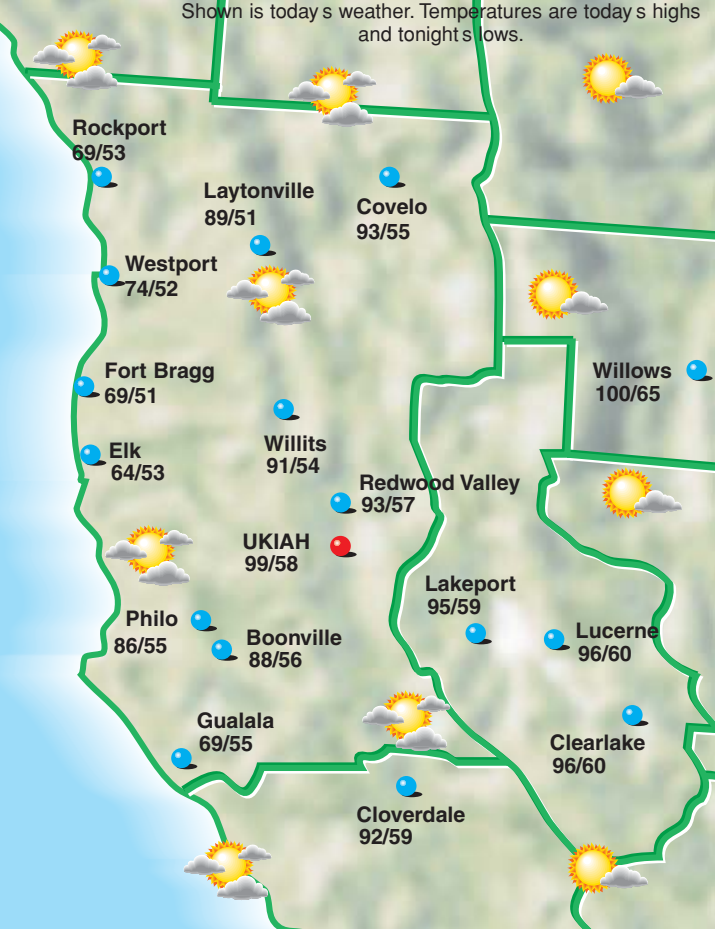
ALMANAC

Ukiah through 2 p.m. Monday

Temperature	
High .....	90
Low .....	57
Normal high .....	90
Normal low .....	55
Record high .....	111 in 1950
Record low .....	40 in 1910
Precipitation	
24 hrs to 2 p.m. Mon. ....	0.00"
Month to date .....	Trace
Normal month to date .....	0.09"
Season to date .....	0.12"
Last season to date .....	0.00"
Normal season to date .....	0.14"

Forecasts and graphics provided by  
**AccuWeather, Inc.** 2007

REGIONAL WEATHER



CALIFORNIA CITIES

City	Today		Wed.		City	Today		Wed.	
	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W		Hi/Lo/W	Hi/Lo/W		
Anaheim	88/65/s	83/66/pc			Napa	90/58/s	88/55/pc		
Antioch	92/60/s	92/59/s			Needles	112/84/s	112/85/s		
Arroyo Grande	82/55/pc	79/52/pc			Oakland	75/56/pc	71/57/pc		
Atascadero	94/56/pc	91/56/pc			Ontario	97/65/s	92/65/s		
Auburn	98/67/s	98/65/s			Orange	87/65/s	83/64/pc		
Barstow	107/75/s	109/77/s			Oxnard	73/62/pc	71/61/pc		
Big Sur	80/54/pc	78/56/pc			Palm Springs	112/82/s	111/79/s		
Bishop	99/56/s	102/58/s			Pasadena	91/66/s	86/67/s		
Blythe	111/82/s	112/84/s			Pomona	93/65/s	88/63/s		
Burbank	95/67/s	86/66/s			Potter Valley	93/57/s	94/57/s		
California City	102/73/s	103/68/s			Redding	101/68/s	102/67/s		
Carpinteria	71/59/pc	69/60/pc			Riverside	99/65/s	92/63/s		
Catalina	72/63/pc	69/55/pc			Sacramento	96/63/s	96/60/s		
Chico	99/66/s	99/66/s			Salinas	75/57/pc	70/56/pc		
Crescent City	62/52/pc	63/52/pc			San Bernardino	98/65/s	94/64/s		
Death Valley	122/85/s	120/83/s			San Diego	78/67/pc	74/68/pc		
Downey	86/65/s	82/66/pc			San Fernando	92/66/s	87/64/s		
Encinitas	80/64/pc	79/65/pc			San Francisco	74/57/pc	70/56/pc		
Escondido	90/65/s	87/65/s			San Jose	84/61/s	82/59/pc		
Eureka	64/53/pc	66/49/pc			San Luis Obispo	83/56/pc	76/57/pc		
Fort Bragg	69/51/pc	69/52/pc			San Rafael	71/55/pc	69/57/pc		
Fresno	100/70/s	100/70/s			Santa Ana	81/67/pc	77/67/pc		
Gilroy	87/60/s	85/56/s			Santa Barbara	74/58/pc	70/59/pc		
Indio	110/78/s	110/78/s			Santa Cruz	78/56/pc	75/58/pc		
Irvine	81/67/pc	77/67/pc			Santa Monica	77/65/pc	75/64/pc		
Hollywood	87/66/s	85/66/s			Santa Rosa	89/54/pc	87/53/pc		
Lake Arrowhead	92/60/s	90/50/s			S. Lake Tahoe	84/43/s	83/45/s		
Lodi	99/63/s	99/61/s			Stockton	98/60/s	100/61/s		
Lompoc	72/55/pc	69/57/pc			Tahoe Valley	84/43/s	83/45/s		
Long Beach	83/65/s	79/66/pc			Torrance	83/65/pc	78/66/pc		
Los Angeles	89/66/s	81/66/pc			Vacaville	98/62/s	97/61/s		
Mammoth	81/51/s	80/46/s			Vallejo	75/57/pc	73/56/pc		
Marysville	100/65/s	99/61/s			Van Nuys	96/66/s	89/64/s		
Modesto	99/65/s	97/64/s			Visalia	98/63/s	99/64/s		
Monrovia	92/66/s	88/66/s			Willits	91/54/pc	91/55/pc		
Monterey	71/55/pc	68/55/pc			Yosemite Valley	100/56/s	102/57/s		
Morro Bay	71/56/pc	68/56/pc			Yreka	90/53/pc	92/50/s		

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

**Lake Mendocino** – Lake level: 727.78 feet; Storage: 52,851 acre-feet (Maximum storage 122,500 acre-feet) Inflow/Outflow: Not reported  
**Air quality** – Ozone: .028 ppm (State standard .090 ppm) Carbon monoxide: .35 ppm (20.0 ppm) Nitrogen dioxide: .005 ppm (.25 ppm)

# Volunteer opportunities in Mendocino County College

## Hopland, Redwood Valley, Willits and Ukiah

### Hopland Band of Pomo Indians

•Provide activities for youth and seniors (includes transportation and chaperone).  
•Cultural program sedge project. Transplanting and preparing areas for sedge root.  
For more information, contact Arlis Steele @744-1647x1500

### Mendocino County Relief

•Tree planting in the Ukiah area during the months of December, January and February.  
For more information, contact Miles Gordon at 462-0244.

### The Salvation Army

•Volunteer bell ringers for the Temporary Emergency Assistance Fund starting Nov. 26 to Dec. 24.  
For more information, contact Janet Cetani @ 468-9577

### California Conservation Corps

•Provide leadership training to 18-23-year-old men and women.  
•These skills include: interview skills, math, literacy, home finance and basic garment repair.  
For more information, contact LaVone Dyer @ 463-2822

### Family Strengths Program

•This is a wrap-around program providing support to families to be able to keep a special needs child at home and prevent out-of-home placement.  
•Mentor youth  
•Group activities leaders  
For more information, contact Laurel Bless @ 463-4341

### The Ukiah and Willits Family Center

•Provide parenting education and support for families  
•Child care, play games, read stories, organize donations.  
For more information, contact Deborah Lovett @ 463-4018

### Redwood Valley Rancheria

•Provide financial literacy classes  
For more information, contact Hai-Lee Sun @ 485-0361

### Literacy Volunteers of Willits

•Teach adults (16 and over) to read and write  
For more information, call 459-5098

### Ukiah Literacy Alliance

•Teach adults (18 and over) to read and write  
For more information, call 463-4155

## Mendocino County Volunteer of the Year Awards (MCOVY)

•Annual dinner event that recognizes volunteers (adult and youth) in Mendocino County. This event is held in April.  
For more information, contact Vicki Sparkman or Tami Bartolomei @ 462-2596

### CASA (Court Appointed Special Advocate)

is an abuse or neglected child's voice in court.  
•CASA volunteers are people who work to keep children in the community safe. They are instrumental in walking with a child through the maze of the child welfare systems. A CASA volunteer is a part of the larger circle of adults who care about the child's well-being. CASA is offering a 30-hour training to special people who would like to join the program. An inland training will be held in Ukiah in the fall. For more information, call 463-6503.

### American Red Cross

•Any volunteers available to respond to countywide disasters on the disaster team or Health and Safety  
For more information, contact Shirley Purvis or Robin Hill @ 463-0112; e-mail: arcmc@pacific.net

### West Company

•Any volunteers available for the month of September, we have an annual event called "Celebrate Business," which needs volunteers for servers and help in kitchen, with the food.  
•Also in need of volunteers at the Commerce Cafe for marketing, accounting, law, financial and planning expertise. Also in need for client tracking, follow-up survey and clerical tasks, such as copying, filing, phone relief, plant care  
For more information, contact Marlene @ 468-3553 or visit www.westcompany.org

### Willits Community Services

•Any volunteers available to help at the Food Bank to help with distribution of food, agency maintenance, and office volunteers  
For more information, contact Linda Myers @ 459-3333

### Disabled American Veterans

•Any volunteers located in Mendocino County or Santa Rosa available to transport veteran patients to San Francisco VA Medical Center  
For more information, contact Jeny Erickson for Mendocino County @ 485-7706 or e-mail at Erkkson@pacific.net  
For Santa Rosa area, contact Ken Wingett @ 544-9929

### Mendocino County Youth Project

•Any volunteers interested in working with youth.  
For more information go to the Web site at: www.mccyp.org

### Plowshares

•Any volunteers for Meals on Wheels drivers, one to two hours for one or two days a week  
•Any volunteers also to help out in the kitchen and dining room, flexible hours between 8:30 a.m. and 1:30 p.m.  
Contact Rhonda De Los Santos @ 462-8582 or check out the Web site @ www.plowsharesfeeds.org

### Project Sanctuary

•Project Sanctuary is a domestic violence and sexual assault crisis center, and is currently accepting volunteers.  
For more information, contact Mary @ 462-9196.

### VORP

•Any volunteers to work with juvenile offenders and victims. Must go through an eight-hour training.  
For more information, contact the VORP Office @ 462-6160.

### Pomolita Middle School and Pomolita Club Live

•Any volunteers to help in the library, computer lab, music boosters and more  
For more information, contact Vera Leach @ 462-4721

### Department of Rehabilitation

•Any volunteers to do some office work, they will train in computer data work, filing and answering phones.  
For more information, contact Lucy @ 463-6803 (leave a message, and she will return your call.) Or check out the Web site @ www.dor.ca.gov

### Willits Seniors Inc

•Needs any volunteers to help in dining room from 11:30 a.m. to 1:30 p.m. For more information, contact Eileen @ 459-6826.

### Salvation Army

•Any volunteers to help with the August Child Spree at Mervyn's in Ukiah, and two days before Thanksgiving to start the Bell Ring  
For more information, contact Janet @ 468-9577.

### Fatherhood Coalition

•Dads, as well as any interested volunteers are needed to help plan fun activities for dads and their children. For more information contact Tom Buske, 468-8409.

### Ukiah Senior Center

•Looking for volunteers to be greeters at the center at Bartlett Hall every day. Two or three can work Monday through Friday. Servers in the dining room Mon-Fri. Or to help with special events like parties, dances, dinners. Call 462-4343.

## Anderson Valley, Fort Bragg and Mendocino

### Shamli Volunteer Hospice and Respite

•Provide in-home support

to patients and families facing life-threatening and long-term illnesses.

For more information, contact Connie Chapman @ 884-4005, x150

### Mendocino Cancer Resource Center

•Provide support and information for those faced with cancer and their families  
For more information, contact Ayn Reymen @ 937-3833

### Mendocino Food & Nutrition Program

•Assist in inventorying and distribution of salvaged food to needy families  
For more information, contact Nancy Hoganson @ 964-9404

### Mendocino Area Parks Association (MAPA)

•Raises money for education in local state parks and school programs  
•Ford House Visitor Center  
•Mendocino Exhibits  
•MackKerrick State Park educational program  
•VanDamme State Park educational program  
•Elk Visitor Center  
•MAPA Abalone Festival Special event in October  
For more information, contact Birol Polay @ 937-5397

### Coast Botanical Gardens

•Any volunteers to help in store, nursery and on the grounds. For more information, contact Rachel Miller @ 964-4352

### Redwood Coast Land Conservancy

•In need of any volunteers for the Red Bluff Trail, Phase I and II, located in Gualala  
For more information, contact Shirley Eberly @ 785-3327 Check out the Web site: www.rc lc.org or e-mail uS:IDc@ncn.org

### Mendocino Food and Nutrition Program

•Any volunteers to help in the warehouse prepare food and distribute food.  
For more information, contact Nancy @ 964-9404 or e-mail her @ food\_bank@mcn.org

### Parents & Friends Inc.

•Any volunteers to help in busy thrift shop two hours a week. (sales clerk experience is helpful)

For more information, contact Laura @ 964-4471.

### Redwood Coast Seniors

•Any volunteers to work in dining room and thrift shop.  
For more information, contact Judith @ 961-4305

### KZYX&Z Public radio

•Needs volunteers for big and small projects, steady work and stuff that comes up without notice. Volunteering could include things from clerical work to construction to advocacy booths. For more information, call 895-2324.

Continued from Page 1

the students' needs"

For some students, like Jerrod Hopper, the first day was much easier than expected. Hopper showed up Monday for what he expected to be a three-hour class only to find it letting out for the day after 40 minutes.

"It's really laid back today," Hopper said. "Pretty much all the teachers are just making sure everyone's in the class and going over the syllabus."

Hopper, who began taking classes at the college this summer, said that while first day of class may have been overwhelming for others, he found each of his classes and buildings easily.

"I have all the maps they gave us, and it's pretty simplistic," he said.

With a myriad of new staff and courses at the college as well as a special evening bus service, in cooperation with the Mendocino Transit Authority, Mendocino College is letting out all the stops this semester.

Other special doings at the college include the Welcome Week events, which Monday

got the ball rolling with hip-hop dancers and an Indian taco sale in the Quad. The Welcome Week events continued across the campus with student IDs offered in the library as well as financial aid assistance and help with other programs like CalWORKs and the College Assistance Migrant Program.  
With Welcome Week activities continuing throughout the week, Mendocino College is working to offer its best for students this year -- even those who haven't signed up yet.

Guleff said that for students still thinking about signing up there are plenty of classes that begin in September and October. The late-starting classes are a perfect complement to some of the other open-lab courses the college offers, which work with students to be able to start learning at any point. The open-lab courses also help to work with the student's schedule on a when-you-need basis.

"It's great to work with the new students," Cechin said. "I find it fun to put recent High School graduates at ease. College is not so daunting."

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